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4th
July

Art Fair this Saturday!
schedule of events

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The Bethel Citizen

Vol. CXX - No. 27

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SAD 44 proposes suspending Newry withdrawal process

Suggests cost sharing formula change instead

By ALISON ALOISIO

Noting that the parties are at an impasse, the SAD 44 School Board last week wrote to the Commissioner of Education asking that the district and Newry "suspend" negotiations over Newry's potential withdrawal from SAD 44, and instead pursue a local funding formula change to shift a percentage of Newry's school budget share to the other towns.

"Unfortunately, the parties remain far apart, and further negotiations seem very unlikely to be productive," board Chair Lainey Cross and Subcommittee on Withdrawal Chair Marcel Polak wrote to the

Commissioner of the Department of Education.

But the chairman of Newry's Withdrawal Committee sees the board's move as a stalling tactic.

The School Board considered in January whether to formally establish a committee of representatives from the four district towns to craft a proposal for a formula that would take student population into account in calculating each town's budget share.

Currently town shares are based entirely on property valuation. Newry has few students and a high valuation, and such a change would lower its share and, some believe,

appease at least some Newry residents who otherwise favor withdrawal.

But a majority of directors were concerned it would be difficult to pursue a formula change at the same time the district was negotiating a withdrawal agreement for Newry to vote on.

The board tabled the issue in favor of focusing on preventing Newry's withdrawal by convincing town voters to reject it. The board did say then it could potentially consider a formula-change committee at a later date.

Polak said Tuesday that if the two processes happened at the same time, See NEWRY, Page 5



Harriet Langley helps her students perfect their form at her Wednesday morning yoga class at the Methodist Church Annex. (A. Wight Chapman)

When Telstar flew the Rebel flag

By AMY WIGHT CHAPMAN

In the spring of 1992, Telstar High School teacher Rodney Abbott faced a difficult task.

He had been asked by Ted Davis, then the Telstar principal, to explain to the student body why they needed to relinquish the use of the Confederate battle flag as a school symbol.

"I had received a letter from the NAACP," Davis remembered. "They were upset that Telstar had the Rebel flag as a symbol, and they told us there was a possibility that they might picket the school."

Davis believes that a basketball scrimmage at Telstar, during which black players on the opposing team reported feeling in-

timidated by the school's display of the Confederate flag, may have prompted the letter from the NAACP.

Although it had been in use at Telstar for only about 12 to 15 years, the flag had its fierce defenders, said Abbott, who knew that the students and faculty had no idea that their use of the Confederate flag could be regarded by others outside the Telstar community as intimidating or racist.

Telstar's "Rebel flag"

When Telstar opened its doors in the fall of 1968, the students chose the nickname "Rebels" for their sports teams, and a decade or so later, the Confederate flag made its first appearance at the school.

Davis said students had learned that the University of Mississippi's sports teams were also known as the Rebels, and that at the time they were using the flag as a symbol of school spirit. (The administration of the university has since distanced itself from all Confederate symbols and requests that fans not display them at athletic events.)

The symbol gained popularity among Telstar students in the late 1970s, Davis said, and shortly after he took over as principal in 1983, "The student council requested permission to buy and hang a big Rebel flag in the gym."

By the late 1980s some

See FLAG, Page 3

Yoga brings church annex 'back to life with a purpose'

By AMY WIGHT CHAPMAN

Ashtanga. Vinyasa. Thai-Shiatsu. Kripalu.

Every weekday, the Annex at the rear of the Methodist Church on Main Street is home to a wide variety of yoga classes. Currently there are six instructors offering 14 classes weekly for everyone from beginners to advanced yoga practitioners.

"Apart from being a wife

and stay at home mom, yoga and fitness are my absolute passions, and I feel so lucky to be able to share these gifts with others," said Kristin Otten, who has been offering yoga classes at the Annex since the spring of 2014.

Otten became aware of the space when Linda Howe, one of her first Bethel area yoga students and a member of the Meth-

odist Church, mentioned that it might be available.

The Annex was built in the 1950s and was later named in memory of Leslie and Marie Davis, Bethel residents and longtime church members. Originally home to the church's Friday Gift Shop, it had been unused in recent years.

See YOGA, Page 4

SAD 44:

CMCC, Dropout, Title IX programs updates

By AMY WIGHT CHAPMAN

At last week's SAD 44 School Board meeting, directors heard presentations on the Telstar/CMCC dual enrollment program, the reporting requirements of Title IX, and the work of the Dropout Prevention Committee.

"I know that this was really a step in the right direction, and I hope that other students get this op-

portunity in the future," said 2015 Telstar graduate Maverik Griffin, who was one of eleven seniors participating in the THS/CMCC dual enrollment program this year.

Griffin, who said that before entering the program he was a "middle of the pack" student, earning B's and C's, told the School Board, "Going into my senior year, I knew had to save myself, because I had a pretty good idea I was going to catch the 'senioritis' pretty bad."

Instead, he was able to earn 15 college credits each semester. He plans to finish his degree in business management and hopes someday to own his own business.

"It helped me grow as a person, socially and academically. It's great to go there and interact with

See PROGRAMS, Page 6



UPTON APPROVES BUDGET-About two dozen Upton voters last Thursday approved the town's municipal budget, including \$78,155 for school costs. The school proposal was based on five students - more than are currently registered - in case others should move into town. Also under the plan, parents would be paid 50 cents a mile to transport their own children to SAD 44, instead of paying for a bus and driver. Voters at the meeting also returned incumbent officials to office, including Town Clerk Rose Stevens, Selectman Wanda Hall, Tax Collector Charlotte Dominique, Treasurer Deborah Judkins and School Committee member Charlotte Dominique. Here, moderator Vern Maxfield (right) asks for a motion on an article. (Note: Last week's Citizen preview article on the meeting should have said the Upton bus driver is still a SAD 44 employee.) (A. Aloisio)

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Letters

BIKE TRAILS DON'T FIT WITH BINGHAM'S WISHES

To the Editor:

Chapman Brook, once the main town water supply, is once again flowing crystal clear and is primed as the back up water source for the Town of Bethel. Did you know that within the watershed that feeds this water, the town is developing a world class, large scale, bike park/recreational facility that threatens to degrade the purity of the water, the forest as well as the fish and wildlife?

Sadly, it's true. The Bingham Forest lies within the watershed and was a gift from Mr. William Bingham to the Town of Bethel. It is now in the hands of those who plan to develop the forest to its greatest potential by creating a large scale bike park that will eventually connect with Sunday River. This will draw thousands of bikers to a facility that may or may not be regulated to an extent to protect the quality of our drinking water. And, according to the Attorney General, "it is Bethel's responsibility to not allow public access to the extent that it interferes with protecting the water quality of Chapman Brook and its tributaries."

In addition to water quality, we have great concern with the plan's adherence to best trail development practices, compliance with state permitting, onsite engineering, erosion control, the impact on wildlife, assuring proper bathroom facilities, threats to protected species living in the watershed and the supervision and regulation of the number of visitors to the park. And lastly is the cost to the taxpayers for legal fees, personnel salaries and the use of public crews. We were told this development would be at no cost to the taxpayers; yet it already is.

Mr. Bingham's wishes for the purpose of this forest were as clear as the water. He intended the land be used as a public game preserve, bird or game sanctuary, public park or state forest. Instead, this interpretation has been twisted and has allowed dreams of economic development and prosperity to tarnish his ideals, the sanctity of the forest and potentially the quality of our water. It is inconceivable to us that a world class bike park is congruent, or can co-exist, with Mr. Bingham's vision.

Bingham's desire was to "insure a permanent and perpetually protected water supply for the Bethel village." He himself said, "The water is abundant and of superior quality ... and the water comes from Chapman Brook, away up the mountain side, above all impurities."

Man has historically spoiled many of its precious resources for the purpose of economic gain. The Bingham Forest should be protected from this type of progress and development, and we were asked by him to do so. If this forest isn't worth preserving for generations to come, what is?

We don't want to regretfully look back, 10 years from now, when the water and the forest is spoiled and wish we had spoken up. Contact your selectmen. As a town, let us pause, reconsider this plan, and ask ourselves if economic gain and world class status is worth its weight in water.

Vernon Davis and Kevin Trinward
Bethel

(Ed. note: According to paperwork provided by Town Manager Christine Landes, legal fees and work associated with the Bingham land are paid for through timber harvesting income received under the Bingham Forest Management Plan. Landes said she recently sent information about the Bingham land to the town attorney, but how that fee will be paid has not yet been determined.)

LYME GROUPS ON HOLD

To the Editor:

The Mountain Valley Lyme Disease Awareness Coalition has put both the Rumford and the Bethel support groups on hold as they do some re-structuring to better meet the needs of members and others in the local Lyme community.

During this time, please feel free to contact the Coalition co-founders for information and/or support: Rhonda Buker 824-3076 or Diane Farnum 357-1926. E-mail at mtvalleyldac@yahoo.com. Or find either on Facebook.

Rhonda Buker
Newry

LETTERS TO THE EDITOR

The Citizen welcomes letters to the editor. The deadline is 4:30 p.m. Monday.

Insofar as possible, we attempt to publish letters without alteration, but we do reserve the right to edit for length, libel, taste and readability. Letters should be limited to 500 words, but that limit will be waived when the situation warrants.

Send your letters to: Editor, Bethel Citizen, PO Box 109, Bethel, ME 04217-0109. Fax: 824-2426. E-mail: news@bethelcitizen.com.

The Bethel Citizen

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Deadline for town, club and organizational news items is Monday at 4:30 p.m. Advertising deadlines: Real Estate and half page ads or larger: Friday, Noon. Display and Classified ads: Monday at 4 p.m.

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From the Bethel Town Manager's Office

By Christine M. Landes

As always, it is my pleasure to provide this bi-weekly column for the citizens of Bethel.

I recently had the pleasure of being invited to view the Telstar Freshman year-end projects at Bryant Pond. Each group was asked to choose a piece of property and present a land use proposal project. The projects encompassed such ideas as recreation centers, teen activity locations, farm to table restaurants, ATV parks, paintball arenas, community gardens and no kill animal shelters to name a few. The presentation had to meet ELA standards in History, Math and Science. The panel I was involved in had to judge the groups on the professional quality of the presentation. I must say the projects were amazing! Some groups presented projects that were a bit more developed than others, but others had some very creative ideas that no one on the panel had even thought of. Thank you for the invitation and the pleasure of viewing this event Telstar students! You all did a great job!

The Conservation Commission recently had a kiosk, built by the Congo Craftsman, installed at Mt. Will. The kiosk will be developed over time to include a map and information about Mt. Will trail system. The Commission is also holding weekly 'working sessions' at Davis Park. The members gather to weed, plant and maintain the beautiful gardens at the park. The group will also be conducting a tour of the town to map and identify the trees located on our roads. If anyone has any experience in tree identification, I would ask that you please get involved. Your help would be greatly appreciated! Contact the town office for more information.

The Chamber of Commerce recently held a breakfast with Ms. Grant from The Maine Bicycle Coalition as the guest speaker. Although the attendance was a bit less than what I expected, every resident in town will have another opportunity to listen to the presentation on July 13, at 7 p.m., at the Town Office. Please join us at this Board of Selectmen's meeting for an education on rules of the road and ideas to make our community bike friendly and safe for the motoring public.

The Town Office will be closed on Friday, July 3 in observance of Independence Day. Please make sure you plan accordingly. Get your boats and personal watercraft registered for the holiday weekend. Please have a safe and fun holiday weekend.

If there is anything I, or the employees of the town, can do for you please do not hesitate to contact us. We are here for you.

From the Newry Deputy Clerk's Desk

By Kelly Scott

We are happy to announce that you can now use your debit/credit card here at the town office. There are fees that apply, to use a VISA Debit card the fee is a flat \$3.95. If you use a MasterCard Credit/Debit, VISA credit or Discover card, the fee depends on the amount of your transaction.

We are even more excited that you can now pay your tax bill on-line. The link is on our website at www.newrymaine.org and click on the AndroPay link. You can pay with your checking account or with a debit/credit card. The fee for paying with your checking account is only \$1 and the fee with a credit/debit card will vary with the amount of your transaction. This on-line system is very user friendly, you just need to have your real estate account number and it will pull up the amount you owe.

Tax bills for 2015 should be sent out soon. We needed to correct a warrant article that was worded incorrectly at the March town meeting. The article asked if "the town would vote to take \$75,000 out of Capital Improvement to offset taxes." The Capital Improvement account was not where those monies were intended to come from. The article should have asked if "the town would vote to take \$75,000 out of Unappropriated Surplus to offset taxes."

The Capital Improvement account is allocated for those yearly projects such as roads, buildings, etc. The Unappropriated Surplus account is where the unspent income goes and historically is used to help offset taxes rather than raise the MIL rate. A special Town meeting was scheduled on June 30 to correct the article. There is a lot of work that goes into creating the Town Meeting warrant in March and a lot of eyes proof-read these articles, but unfortunately one slipped by us all.

Don't forget about the Newry Kids Camp Scholarship. Any Newry resident child grades K-12, can receive a \$100 scholarship to help attend a summer camp program. All they need to do is write a letter to the Selectmen explaining their interest or if they have already attended, maybe write about their experience. Also, include a copy of the invoice for the program. The deadline is Aug. 1.

If any residents are thinking of starting a business or needs help with an existing business, Community Concepts is a great resource to help. A representative recently attended a selectman's meeting where they presented some great information on how they have helped area businesses and municipalities grow. They can help with a start-up loan for working capital, inventory, equipment, etc. We have information here at the town office or you can visit their website at www.ccfmaine.org. What a great resource for the community to have.

Looking ahead, we should see the Transfer Station have the "Zero-Sort" Recycling facility in September. We hope to see more people recycling, as you don't have to go through the task of sorting your recyclables into different bins. Recycling is a win-win...trash costs and it costs the Earth even more.

The town is looking at a bi-annual tax bill for 2016. Stay tuned for more information on that. If approved, we will tentatively look at sending the bills out in March. I will keep you updated on that process.

Just a reminder that there will be a Community Yard Sale at the Bear River Grange hall on Saturday, July 11, 8 a.m. to 1 p.m. (set-up starts at 7 a.m.). If you are interested in selling some items, please give us a call at the town office.

The Planning Board is still looking for another member. Their next meeting is Wednesday, July 15 at 7 p.m. at the Town Office.

The next Selectmen meetings are Tuesday, July 7 at 5 p.m. and Tuesday, July 21 5 p.m. at the Town Office. The next Road Committee meeting will be Monday, Aug. 17 5 p.m. at the Town Office. The Fire Department meets Monday, July 6 at 7 p.m. at the Sunday River Station and Monday, July 20 7 p.m. at the Bear River Station. The Fire Department is always looking for volunteers, so feel free to attend a meeting to get more information. The School Withdrawal committee has not set a date for their next meeting. We always post the meeting schedules on our website and on our Facebook page.

Here's your historical tidbit from the Newry archives: The Sunday River received its name from a surveying party who spent a Sunday on its banks. Supposedly, this same surveying party saw a bear in the next river...so hence it was called the Bear River.

Until next time...stay informed, ask questions and get involved!

REMEMBERING A FRIEND

To the Editor:

We had a friend who got around town more than anybody I know. Sometimes he hung out up the road out of Locke's Mills at Hicks Cemetery, waiting for a moose to clump on by. A bog, with hidden river winding, was below down the road so the cemetery provided good vantage for anything coming that way. Biking, we tend to collect cemeteries the way we collect neighborhoods, not for any macabre reason but because of a certain green quality found especially in small New England graveyards. But it's not hard to imagine a clichéd spookiness at a certain time of day or night with weather possessed of moody or dreary qualities. Our friend didn't seem interested in that, however. He would sit there with that piercing watchful quality in his intent gaze.

We might see him while riding bikes, or driving by like special snowflakes in a 2- or 3-ton vehicle. When I say our younger friend got around town, I'm talking rural roads and highways. Hills and curves and mountainous sheerness down into ponds. But he was young, the type to seek adventure, too. I might be walking along the narrow road and shoulder, strewn with pearly everlasting or poison ivy or whatnot, looking down in careful avoidance when I'd hear this whirring sound and look up. There he'd be in his wheelchair with joystick, approaching. He told me one time about falling down off a steep but familiar embankment into the woods, then calling for help with his fortunate two-way radio. He had tremendous interest in muscles and how they worked. A snappy conversationalist, he once had to interrupt simply to crane his neck over, grab up his thumb in his teeth, set it back round the joystick.

We are still walking and biking the town roads. And I still miss seeing him there. Scott Blanchard.

Susan Dorman
Bethel

Our Back Pages

Danna Brown Nickerson

10 years ago: In preparation for their annual Strawberry Festival, members of the Locke Mills Union Church picked 262 quarts of berries at Barton's in Albany.

Work was progressing on the Merrifield Hill road reconstruction, which included a new passing lane in the southbound lane.

Deaths: Lewis R. Curtis, Ruth M. MacArthur, Hugh L. Morton, Diane M. Lescault, Alexander F. Smith, Bernice "Bunny" Swain, Sarah D. Rountree.

20 years ago: The chimney was all that remained after a blaze of unknown origin destroyed the abandoned Buck Farm in Middle Intervale.

A dozen local 11-to-14-year-olds spent three days canoeing and camping on the Magalloway River and Umbagog Lake with Maheosuc Guide Service's Polly Mahoney and Marci Baker.

Births: Michaela Kathleen Ring, Cameron Alfred Hastings.

Deaths: William Winfield Cutting, Eino I. Pike, Priscilla M. Millett, Leroy E. Barker.

30 years ago: Despite rainy weather, over 100 cyclists from all over the state left from Telstar High School on a 3-day trek across Maine organized by the Maine Lung Association.

Bethel's new \$83,000 Gallion grader was delivered. It replaced the town's 1958 Caterpillar machine, which was taken in trade.

Deaths: Robert A. Graham, Jeannette A. Carini, Stella M. Moore.

40 years ago: Randy Littlefield was being featured at the piano in the Sudbury Inn's Ploughman's Rest Lounge on July 4.

Clarence Kimball moved his mobile home from Kilborn Street to the Douglass Trailer Park, Bridge Street.

Birth: Farah Lee Mitchell.

Death: Delma W. Strout.

50 years ago: After more than a decade of smiling and efficient service, Mrs. Elsie Davis retired as first assistant librarian.

George Olson's crew had begun the remodeling work at the Bethel post office in the Naimy Block.

Births: Martin Aaron White, Dana Leigh Mack, Marjorie Louise Fales.

Deaths: Lawrence E. Chandler, Sr., Oliva Girouard, Perry W. Judkins.

60 years ago: Swimming classes had commenced at Songo with a total enrollment of 151.

Col. James D. Alger reported for an assignment in the office of the Army Assistant Chief of Staff G-1 (personnel), the Pentagon, Washington, DC.

Birth: Nancy Elaine Scribner.

Deaths: Mrs. Tena M. Thurston, Mrs. Linnie A. Ring, Clarence W. Buck.

70 years ago: L.E. Davis was erecting a new home on the site of the one destroyed by fire the year before.

Ceilings on employment were discontinued in the Rumford area.

Death: Mrs. Theodore Gunn.

80 years ago: Warren Blake began work on a cellar for a house on Tyler Street.

Hunt's Circus presented a pleasing performance in Bethel.

Fifty children were attending the Daily Vacation School.

Deaths: Miss Elvira Holt, Mrs. Eva B. Hastings, John C. Wood.

90 years ago: A special group meeting of ministers of the Methodist Church from this section of the State was held at the Methodist Church.

The fire department was called for the first time for a year. The blaze was at the N.S. Stowell Co. mill and was quickly extinguished.

JUL

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2015

Briefly

MollyOckett Road Race moves back to Saturday

BETHEL-A popular MollyOckett Days event - the Road Race - will move back to Saturday this year. For the past few years, since the expansion of MollyOckett Day to a two-day event, the race has taken place on Sunday morning. But this year, the Bethel Outing Club is taking over the organizing of the race from the Bethel Area Chamber of Commerce, and the event will return to Saturday morning. BOC member Carlie Casey is heading up the planning. "I thought it would be a great second fundraiser for us (in addition to the club's Ski Sale in October), as we have expanded our BOC programming and could put any proceeds to good use," Casey said last week. The BOC has overseen the race in past decades. This year's run will take place July 18 starting at the Bethel Common, beginning with the 1-Mile Kids' Race at 8:15 a.m., and followed by the 2-Mile and 5-Mile races at 9 a.m. For more information go to www.mollyockett-days.com/races.html, www.runreg.com. For the second day of the weekend festival, on Sunday, July 19 at noon, another competition will take place starting at Bethel Outdoor Adventure. The Tubing & Treasure Scavenger Hunt features floating in tubes from BOA to Davis Park, picking up a treasure map and finding treasure on the return trip.

Andover OKs school budget

ANDOVER-By a vote of 131-115 Tuesday, residents gave final approval to a nearly \$1.5 million budget for the Andover School Department. The department serves 88 students in grades K-12. Residents also voted to continue the annual budget validation process for three years. That tally was 131-114. Residents voted last year to leave SAD 44 and establish their own school department. Andover formally left SAD 44 on Wednesday. The School Board subcontracted all of the school's financial matters, such as payroll and accounts receivable, to SAD 51 in Cumberland for \$25,000. Approval of the budget means the town will receive about \$200,000 for its state subsidy.

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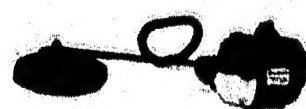
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• Power output: 1.01 hp
• Auto return stop switch for easy starting
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Flag

Continued from page 1

staff members, including Abbott, the late Helen Berry, and longtime history teacher Bill Morton, had begun to question the appropriateness of displaying the flag, recognizing that it could be considered offensive by some.

After the school was contacted by the NAACP the administration and staff knew that the flag needed to come down, but they also realized that it wouldn't be an easy sell.

Abbott was chosen to speak to the full student body, Davis said, "because he had such a rapport with them."

"Some Telstar alumni were upset when they did away with the flag," he said. "And until the students who were freshmen that year graduated [in 1995], someone would occasionally try to slip a Confederate flag into a yearbook photo, or something like that."

"It was met with both acceptance by some and anger by others," Abbott agreed. "I remember that year and for a few more someone would have the flag as a decoration on top of their mortarboard at graduation."

"Most of us had absolutely no clue" In the wake of last month's murders at Emanuel AME Church in Charleston, S.C., photos of accused shooter and white supremacist Dylann

Roof displaying the Confederate flag have prompted renewed conversations about the symbolism of the flag, and calls to remove it from public buildings and grounds.

Last week, Abbott's former student Tim Chapman posted a copy of the speech Abbott gave to the student body on April 3, 1992 on his Facebook page.

Chapman wrote, "Following recent events I thought back to many years ago when Telstar High School used the Confederate flag as our school flag. Most of us had absolutely no clue what it really stood for."

A 1991 Telstar graduate, Chapman said he had been invited by Abbott to return to hear his address, and was honored to be there.

"We come to associate very strong emotions with symbols," Abbott told the student body in 1992. "Therefore, symbols are one of the most difficult things to discuss calmly."

However, he said, he believed that a symbol, in order to have real meaning, should represent "who we are, not who someone else is. No one would suggest using a swastika, for example, to represent the U.S."

During the Civil War, Abbott said, "[The Confederate flag] represented an effort to make the United States into the Divided States. It stood for forces

trying to maintain slavery. It became a symbol of defeat."

He reminded students of the sacrifices made by Maine soldiers during the Civil War, including those of the 1st Maine Regiment, who lost more than two-thirds of their number at Petersburg.

"Can you imagine the reaction of these people who sacrificed and, in some cases, died to save the Union if they could somehow be here with us today and find out that the flag that represents their local public school is the flag of disunion?" Abbott asked.

And although the students at Telstar might regard the Confederate flag as an innocuous symbol, "it terribly offends black Americans," he said.

"It was the flag of slavery. For more than a hundred years it has fluttered in the breezes at Ku Klux Klan rallies. It has shared the scene with burning crosses and white robes. It has stood vigilant at the scene of thousands of beatings, whippings, mutilations, castrations, and hangings."

Abbott made it clear to the students that he was not accusing them of racism.

But, he said, "Does the fact that we live in a remote corner of the U.S. ex-

cuse us from being part of the larger world? I don't think so. Does the fact that we are mostly white with Anglo-Saxon backgrounds excuse us from being considerate of other people's history and suffering? I don't think so."

"We must take a good look at who we are, what our symbols stand for, and what we want to be. I challenge you to see yourselves as part of the larger world and to be mature enough to consider how we can unintentionally offend people who have a right to be offended."

Despite his popularity among the students, Abbott said his message didn't go over well with all of them.

"I remember a couple students in the audience were upset enough to stand and make statements of opposition to what was being done," he said. "It was, in their minds, their symbol."

"That was the difficult part: to help them understand that what was dear to them at the local level meant something else altogether in the larger world."

Note: The full text of Rodney Abbott's April 3, 1992 speech to the Telstar student body is available on the Citizen's website, bethelcitizen.com.

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Yoga

Continued from page 1

As part of its mission of community outreach, Howe said, "The church wanted to bring it back to life with a purpose."

Otten began by teaching two sessions of a high-energy vinyasa flow class, also known as "power yoga" at the Annex. She has since expanded her schedule to include early morning and late afternoon/early evening classes to allow flexibility in scheduling.

A lifelong athlete, Otten became certified in Core Power Yoga in 2005 in her native Colorado, and has taught in Denver; Meredith, N.H.; and, for the past three years, the Bethel area.

Set to energizing music, her classes provide students with an opportunity to improve fitness and flexibility while releasing stress, clearing the mind, and creating energy.

"The classes are accessible to all levels of practitioner," she said. "I offer variations and modifications for many of the poses, so that each practitioner can adapt and make each posture their own."

Flexibility for everyone

At the opposite end of the spectrum from power yoga are the slow, gentle stretches and poses performed in Karen Swanson's yoga classes.

She received her certification in Thai-Shiatsu through Phoenix Rising Yoga Therapy. The practice blends Thai yoga massage with Shiatsu, a form of Japanese bodywork.

"A lot of my background is in Iyengar yoga, which uses props like blocks, straps, blankets, and bolsters that kind of bring the pose to you," said Swanson, who has been practicing yoga for over 30 years and teaching for 18.

"The slow pace allows greater stretching, and people gain strength, stamina, and flexibility," she said.

It's a pace that many older people appreciate.

"Although not everyone who comes to my class is my age and older, my classes tend to appeal to

those people because of the pace. You're not frustrated trying to keep up," Swanson said.

In addition to her regular classes, she offers chair yoga, a gentle style of yoga that is done almost entirely from a seated position. Those classes have become very popular, especially with those who have limitations due to age, injury, or disability.

"It's kind of mind-blowing to me, the ease and eagerness for the class among the elders," she said. "It's also a social time for them. I'm offering the class twice a week, and some are coming to both sessions."

Classes for beginners, intermediates, and beyond Shortly after Otten offered her first classes at the Annex, yoga instructors Christine Liberti and Wendy Youmans began teaching there as well.

Liberti, who has been practicing yoga for 30 years and teaching for 15, said the two classes she offers at the Annex are geared to beginners and intermediates, and vary from week to week.

"Whatever the focus is for the week (shoulders, hips, progressive sequences, etc.), we go through the poses and work on form and alignment," she said. She offers the use of props, including belts, blocks, and blankets, to help students maintain their form, and also concentrates on breathing awareness and flowing between poses.

Liberti also teaches yoga classes at Sunday River and offers private and group lessons through the Bethel Station Chiropractic Office.

In addition to being a certified Kripalu instructor, Youmans is a licensed clinical social worker who said she incorporates Kripalu yoga breathwork, meditation, and movement into her private practice. She also teaches a yoga class to adult education students at Crescent Park School.

At the Annex, she teaches both a moderate level and a beginner class. Kripalu yoga is "accessible

to any body type" and her classes focus on "a sense of community and having fun," she said, adding, "I strongly encourage connections (and laughter) within class!"

"Yoga can help increase physical and emotional balance, concentration, relaxation, flexibility, strength," Youmans said. "It is also wonderful to help people better manage depression and anxiety."

Harriet Langley's weekly Ashtanga yoga class synchronizes breath with movement and follows a series of postures, called asanas, to develop concentration (dharana) and flow of breath (pranayama) and prepare the mind and senses for meditation.

"It is a hands-on class for those who want adjustments," said Langley, who walks around the room as she instructs, checking her students' posture and alignment.

Her classes begin with standing poses, progress through seated poses with forward bends and twists, and end with inversions, poses which place the head lower than the heart. "As you practice Ashtanga yoga you build and maintain heat in the body allowing the body to open and release," said Langley, who has been practicing yoga herself for about ten years.

"Practitioners gain strength, flexibility, stamina, tone, spinal health, balance and mobility. When you are finished you have a renewed energy and a sense of peace."

"To be fully present in the moment"

Bethel native Malinda Gagnon joined the Methodist Church Annex team this spring, teaching a weekly class she calls Fire Flow to all levels of learners.

"Fire Flow is a fun, energetic, vinyasa flow class, set to a motivating soundtrack, sure to help you get your sweat on!" she said. "It's a great workout grounded in mindful movement."

Gagnon works in the fast-paced field of advertising and said she appreci-

ates the balance that yoga brings to her life.

She calls the practice she created "Yogamoto," combining Sanskrit, Japanese, and Italian words to signify "oneness with our origin and movement," she said.

"It's becoming centered in the core of ourselves, our true selves, as we move through the crazy hustle and bustle that is life."

An avid traveler, adventurer, and motorcyclist, she added, "Moto, for me, is also my motorcycle. What does motorcycling have to do with yoga? It challenges me to bring yoga into action—to be fully present in the moment with single focus while the world is whizzing by."

Gagnon said yoga can be practiced in a wide variety of ways, and all result in different benefits.

"If you want a good workout, it can do that. If you want to increase your range of motion and strength, it does that too," she said.

"Yoga is also a great way of steadying the mind, bringing mental clarity, and an overall sense of peace."

What's new? What's next?

In addition to her yoga classes, Otten recently became a certified barre workout instructor and will begin offering barre classes in the fall. Her class schedule typically follows the school calendar, she said, with time off in the summer to spend with her two children. She has received permission from the church to install a barre in the Annex when her classes resume in the fall.

"Barre classes are a fusion of movements inspired by yoga, pilates, orthopedic, and classical ballet barre exercises," she said. "The classes provide a fluid athletic workout specifically designed to strengthen and lengthen your muscles with highly targeted and small movements."

Special school budget meeting in Gilead

Gilead will hold a Special School Budget meeting on July 8 at 5:30 p.m. at the Town Hall, to act on one article. The article asks for approval of the use of money from school funds to cover money spent on tuition during the 2014-15 school year, according to town officials. No money will be raised from taxes.

The article reads as follows: "In addition to amounts previously approved for the 2014-2015 school budget, shall the School Committee also be authorized to expend up to \$21,300 from undesignated fund balances, including up to \$15,200 for the regular instruction cost center and up to \$6,100 for the special education cost center, and shall the amounts appropriated for those cost centers and for the Town's total 2014-2015 school budget be increased accordingly?"

SAD 44 Supt. Dave Murphy provided background on the circumstances leading to the meeting:

"Gilead typically budgets for a few extra students and as a result, often ends up having some funds left at the end of the year. This becomes part of the undesignated reserve, which is typically used as carry-over at budget time, instead of having to raise additional local funds from the taxpayers."

"This year the enrollment numbers of students actually ended up being on target. That, along with some additional special ed costs and the state tuition increase that we saw later in the year will necessitate moving some funds from the undesignated reserve that they have on hand due to the previously mentioned savings. This vote will not have any impact on the Gilead taxpayers."



The Way I See It

by Sharon Bouchard

One of the things I love about summer is all the country auctions that take place throughout the state. I get a real kick out of seeing all the assorted items to go on the auction block. Some of the things are so odd that even the auctioneer doesn't know what they are.

I get an even bigger kick when a bidding war takes place between two or more people, especially men with tools or power equipment. Often when that happens the item the bidders are fighting for ends up going for more than it would cost new. I think the item becomes secondary and winning the bid becomes the challenge.

That's the exception to the rule of auctions however, because I think there are some really great deals to be had. At auctions where there are more items than there is time to move everything I think the auctioneers focus their best efforts on the higher end items and move the lower end stuff through very quickly and at unbelievable low prices. Unbelievable low prices is where I fit in.

I also like the box lots that sell for very little. A few years ago I went to several auctions and bid on a number of box lots. They're like grab bags in that you never know exactly what's in them until you get them home. I've ended up with some good treasures and I've ended up with some

junk, but I always had a good time for very little money.

I think it would be great to go to an auction with a large sum of disposable income and be able to bid on whatever you like. Unfortunately my limited income is disposed of as soon as it comes in just on the cost of living. And, as the cost of living has gone up my income had gone down and my attendance at auctions can only be spoken of in the past tense.

Summer Auctions

It has been a long time since I have gone to an auction, but I still check out an online site that lists all the auctions complete with pictures. I love looking at the pictures and think about how much I would bid on various items if only I could.

Lately I've seen a lot of estate auctions where everything that hasn't been salvaged by the heirs of an estate goes on the auction block and I mean everything and in one particular case even the kitchen sink was up for bid.

Looking at the estate auctions got me to thinking what a sorry state my kids will have to deal with after I go to my great reward. I know

that legally speaking whatever I leave behind is my estate, but it would hardly be worth an auctioneer's time to even check it out.

I suppose they could put a creative spin on stuff as they sometimes do. Certainly all the clothes I have stuffed in bags up in the attic could be considered "vintage clothing". Since I never throw anything away and I know some of the clothes are over 40 years old and if that isn't "vintage clothing" I don't know what are. Even the clothes that I wear on a daily basis is nearing the "vintage" state as it's been quite some time since I've bought anything new.

For that matter most of my storage bowls could be considered "vintage Tupperware" and "vintage Cool Whip." I doubt that the Tupperware can be buried any longer, because God only knows how old it is.

There might be a little value in the furniture and appliances and I do have a beautiful set of antique china, but that's about it. I guess most of what I own would go as box lots very cheaply. It's sort of sad when I think about it.

I really would like to go to country auction this summer, but the way I see it that's unlikely because just like the items at an auction my income is going, going, gone before I even get my hands on it.

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Withdrawal

Continued from page 1

Newry voters could override anything the committee and district voters might decide. The formula change committee, he said, "could spend lots of time on it, the district could vote, and Newry could still trump it rather quickly."

Polak said that in order for a formula change process to work now, a suspension of the withdrawal process (which Newry voters approved last fall) would for all practical purposes have to be a termination.

WITHDRAWAL NEGOTIATIONS

A withdrawal proposal from SAD 44 in February included a plan that Polak described then as having the intent to have Newry pay SAD 44 overall (through a Stabilization Fund originally proposed by the town) the same amount as it does now for 10 years.

For this fiscal year, Newry will pay about \$3 million of the approximate \$8.2 million local contribution to the budget.

If Newry withdrew and simply tuitioned its students back to SAD 44 beginning the year after withdrawal with no stabilization contributions, the town would pay, according to estimates, between \$250,000 and \$300,000 a year to SAD 44, leaving the other towns to immediately make up the difference or cut the school budget significantly.

The Newry Withdrawal Committee most recently proposed a 10-year stab-

lization fund agreement, which would have Newry's payments gradually decrease and the other three district towns' gradually increase over that time, according to NWC Chair Jim Sysko. The goal would be by the end of the period to have all towns paying the average per pupil cost for SAD 44.

Polak said Tuesday that even if a shift of costs from Newry to the other towns were to be spread out over a period of years, that change would still total about \$2.5 million in today's dollars. He said other changes in school funding or student population over time could make the financial situation worse for SAD 44.

According to Polak, all four towns are currently paying the same educational tax rate on a \$150,000 home, and with the additional municipal taxes the owner of a home in Newry has the overall lowest taxes in the district. He said the School Board feels "that it is not fair to shift the tax burden from second home owners, all of whom we feel can afford to pay taxes, to primary residents and businesses."

The situation with Newry and SAD 44, he said, is unique in the state.

The School Board letter to DOE states, "The financial consequences of Newry's withdrawal impede progression of the current negotiations. Under the NWC's proposal, MSAD 44 estimates a tax shift to its remaining towns of over \$3 million annually, only

a fraction of which could be recovered by a tuition contract. A withdrawal on such financial terms will create an unsustainable tax shift to Bethel, Greenwood, and Woodstock, the remaining member towns. The tax shift would decrease the taxes from second homeowners and Sunday River Ski Resort and shift the burden mostly to primary homeowners in Bethel, Greenwood and Woodstock. This financial burden inevitably would erode MSAD 44's ability to provide a quality education to students of the Telstar region."

Polak said Newry's withdrawal would, in effect, create a change in the local funding formula without going through a formal district-wide process.

"We're proposing to pass the decision to determine changes in the funding formula and the future of the district, where it belongs, back to all the citizens of Bethel, Greenwood, Woodstock and Newry," he said. "Unlike the Andover withdrawal, the Newry withdrawal proposal creates a major change in the funding formula. Our committee does not believe it is appropriate for them to negotiate a new funding formula. In the current withdrawal process, when a change in the funding formula becomes part of a finalized agreement, only Newry voters will have the ability to vote on the agreement. The other towns will not."

FORMULA PROCESS
If the School Board did

form a district-wide committee to create a new local funding formula proposal, it would be voted on by all four district towns. A majority of the four-town voters would have to approve, according to district officials.

An alteration in the formula could range from changing it to 100 percent based on student population to percentage splits between population and valuation, such as 50/50, 75/25, 85/15, etc.

In January the DOE provided estimates for such theoretical funding changes.

Based on the current all-valuation method, the estimated costs were: Bethel \$2,776,555; Greenwood \$1,002,645; Newry \$2,892,245; Woodstock \$1,041,208.

Basing funding 100 percent on student population, the shares were: Bethel \$4,315,489; Greenwood \$1,098,138; Newry \$359,624; Woodstock \$1,939,401.

If the formula were based equally on valuation and student population (50/50): Bethel \$3,546,022; Greenwood \$1,050,391; Newry \$1,625,934; Woodstock \$1,490,305.

In January Polak said at a School Board meeting that "every possible scenario for changing the funding formula creates an issue for this district in terms of money."

ROLL THE DICE?

In March Newry elected Jim Largess, who has said he favors improving education in SAD 44 and

does not see withdrawal as accomplishing that, to replace incumbent Selectman Brooks Morton. The town also recently voted in favor of the next SAD 44 budget, after voting against it last year shortly after the withdrawal effort began.

Polak was asked if that could be seen as an indication that townspeople might not vote in the required 2/3 majority to leave SAD 44, and whether the School Board has considered a withdrawal agreement with a complete cost shift in one year, in order to put the reality of an immediate, full impact before Newry voters.

He said such a scenario was considered, but that elections can be unpredictable.

"Sometimes when you roll the dice, you lose," he said. "I would never want to be responsible for that. It would be irresponsible to do a crap shoot."

NEWRY CHAIRMAN'S REPLY

Sysko said Tuesday his committee had been led to believe last week that a withdrawal agreement counterproposal was on its way from SAD 44, but instead they received the DOE letter.

The Newry negotiators, including Sysko, William Andrews and consultants Dr. Mark Eastman (educational) and Dan Stockford (legal) met Friday, Sysko said.

He said the NWC would not take a formal position on the funding formula change proposal because

it is not the panel's charge. And, he added, the withdrawal process is spelled out in law and the DOE commissioner does not have the authority to change it.

Sysko said NWC members are still going on the assumption they will continue to negotiate, but "we're running out of time and money."

He said a potential withdrawal by Newry will likely now have to be delayed until 2017, and he believes SAD 44 is deliberately trying to delay the process to force the town to use up its time and money.

"They said they would do whatever they could legally to prevent withdrawal," said Sysko.

About half of the \$50,000 approved by Newry voters for the process has been spent, he said.

Sysko said Polak's description of withdrawal as a funding formula change in itself is "semantics."

And if the district were to look at a formal change in the formula, he said, Newry's only leverage would be to keep the withdrawal process going. Otherwise, he said, "Newry will be outvoted."

But Sysko said the primary focus among withdrawal supporters is the quality of education.

He said a written reaction to the district's proposal is in the works, and the NWC plans to also send a letter to Newry citizens updating the withdrawal process and mentioning the SAD 44 funding formula request.

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Constellation Energy Team #2
L-r: John Glism, Kelly Myers, Devon Brown, Jim Lunney

Constellation Energy Team #3
L-r: Jeff Rosenberg, Bill Bartlett, Ed Wilson, Bill Brown

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Programs

Continued from page 1

all the other students," he said. "It's more than the classroom experience; it's the people you meet. It's a great experience."

In addition to attending CMCC, Griffin was a three-season athlete at Telstar during his senior year. He said he was able to manage his time and never felt overwhelmed by the demands of the program.

Sequiera Lavender said the opportunity to take a criminal justice class at CMCC helped her decide to major in criminal justice and investigate services when she enrolls at the University of New Haven in the fall.

"What I took from the program was learning a lot of responsibilities and being able to learn how to manage my time and be able to go into a college campus and see how it's going to be for me when I go on to my four-year college," she said.

"I think this program is really good for students who want to get ahead their senior year, and don't want to slack off."

Telstar Dean of Students Cheryl Lang said the eleven students in this year's program were enrolled in between 12 and 15 credits each semester.

Lang's data showed that several students failed one class this year, an issue she said will be addressed next year by requiring all students in the program to take CMCC's First Year Seminar, which is designed to acquaint new students with campus resources, advising programs, and other support services.

All of the students plan to continue their education next year. Five will continue their enrollment at CMCC and six will be attending other colleges, including UMO, UMF, and the University of New Haven.

The credits they have already earned as high school seniors, which were paid for by Project Opportunity, Sunday River, and SAD 44, will save them each a full year of college costs.

Superintendent David Murphy said ten students are enrolled in the program for the 2015-16 school year. As funding from Project Opportunity is phased out, he said, it will be replaced by support from the Gear Up grant to ensure that the program will continue.

Title IX

"When we usually think of Title IX, we think more about it in relation to colleges, and making sure that there is equal opportunity for sports," said Affirmative Action and Title IX Coordinator Jolene Littlehale.

But Title IX "not only governs things like access and activities, but it also provides protection against sexual harassment and sexual violence," she said.

Sexual harassment is defined as conduct of a sexual nature that is unwelcome to the recipient and has the effect of denying or limiting the ability of the victim of the harassment to receive the benefits of their educational experience.

This includes all students at any institution receiving federal funds, elementary through high school, male, female, gay, straight, lesbian, bisexual, or transgender.

The most important thing for board members and dis-

trict employees to understand, Littlehale said, is that Title IX applies "whether the school knows or should know about the harassment."

This could include, for example, knowledge gained through social media of an event that took place in a school locker room, or even off of school property, if it limits a student's ability to benefit from their education.

"For example, if that student is uncomfortable and doesn't want to return to school, if it affects their access to school, we have to do an investigation," she said.

Depending on the result, the school might be required to take action, or to turn the evidence over to law enforcement.

"The key to remember is, if you know about it, you know about it," Littlehale said.

"You need to report it and then let the person in charge, whether it's a building principal, the superintendent, or myself, make a decision about an investigation."

Murphy likened the reporting requirements of Title IX to those of suspected child abuse, with district employees being mandated reporters.

School districts are responsible for ensuring that all employees have adequate training on the Title IX guidelines, and must follow specific procedures on complaints, investigations, and reporting.

Drop-Out Committee report

Telstar Principal Ann Bell said the graduation rate at THS has remained relatively stable, at around 82 to 85 percent, in recent years.

Reporting on the work of the Drop-Out Committee, she said, "we are trying to figure out what we can do to get that to move up."

The high school administration has been concentrating on proficiency-based grading practices, as well as project-based learning.

"The research shows that that really motivates kids to stay in school," Bell said.

She said the district is also implementing aspects of PBIS, or Positive Behavioral Interventions and Supports, which, according to the U.S. Dept. of Education's website, "helps to improve behavioral and academic outcomes by improving school climate, preventing problem behaviors, increasing learning time, promoting positive social skills, and delivering effective behavioral interventions and supports."

"The research says that suspensions and detentions... really don't work, so you try to work on the positives," she said.

Training under the TIF grant also provides teachers with tools to keep students motivated, Bell said.

The high school is also focusing on academic recovery, providing opportunities for students to make up missing credits, and on methods of early intervention for students at risk of school failure.

AFSCME contract approved

At the conclusion of last week's meeting, the board entered into an executive session to consider labor contract negotiations with AFSCME employees.

The AFSCME contract covers the district's transportation, maintenance, custodial, and food service workers.

Following the executive session, directors voted unanimously to approve a three-year contract that includes salary increases of 1.5 percent in the first year, 1.75 percent in the second, and two percent in the third.

Allegation of Appalachian Trail tree harvest violation under investigation

By ALISON ALOISIO

The Maine Forest Service is investigating an allegation that a harvest on Bureau of Public Lands land near Grafton Notch State Park resulted in the creation of a skid trail near the Appalachian Trail, according to John Bott, communications director for the Maine Department of Agriculture, Conservation and Forestry.

The MFS Chapter 27 Rules (Section 4(A)) require a permit to conduct timber harvesting activities in a subdistrict established to protect a trail, he said.

The area in question involves a possible infraction of Land Use Planning Commission standards. Bott said the incident is being investigated by the MFS and handled "the same way matters involving private landowners are handled, with no exceptions."

LUPC standards establish a 250-foot buffer for a P-RR subdistrict established to protect a trail on each side, he said, although the LUPC standards allow for a reduction in the buffer width "where a lesser distance will satisfy the purpose of this subdistrict." The buffer width may also be increased, with landowner agreement.

Bott said that as far as he can determine, the buffer width for the Appalachian Trail in the area under investigation is 200 total feet, 100 feet on either side of the trail.

"Per our policy regarding investigations, we will have nothing more to say until the investigation is completed and the matter resolved," he said.

From the

OCSD Patrol Log

Monday, June 22

At 10:11 a.m. Deputy Josh Daley received a report of a burglary in Woodstock on Church Street. There were no leads at the time.

Tuesday, June 23

At 8:02 p.m. a caller reported a garage broken into on Kings Highway in Mason Township, with no items missing. The subject may have been scared off as the homeowner heard glass breaking and turned all the lights on. The complainant thought it was a bear in the area causing problems.

At 11:25 a.m. Deputies Josh Daley and Matt McDonnell issued a trespass warning on Mayville Road in Bethel to a second individual involved in an incident the night before, when the other subject had received a warning.

Wednesday, June 24

At 8:56 p.m. Deputy Richard Murray responded to South Shore Lane in Albany for a reported burglary. Two small Honda generators and two 5.5 gallon gas tanks had been taken from a shed.

At 10:12 a.m. Deputy Josh Daley received a call regarding suspicious activity at a building site on North Road in Bethel. Equipment had been moved and a vehicle tampered with. There was no property damage or anything stolen.

Thursday, June 25

At 6:47 p.m. a caller reported the theft of bottles and cans from a donation box in Woodstock. Deputy Nathan Bowie was assigned.

Sunday, June 28

At 1 a.m. Deputy Josh Aylward observed a golf cart driving on High Street in Bethel. After stopping it an OUI investigation was conducted and Austin Garron, 24, of Melrose, Mass. was arrested for OUI.

Save a Lot food stores 4 Day Meat Sale

July 2nd, 3rd, 4th, 5th

USDA Inspected Family Pack Chicken Drumsticks	\$67	Per Pound
Country Fresh Bone-In Country Style Pork Ribs	\$147	Per Pound
USDA Inspected Family Pack Bnls Chicken Breast	\$187	Per Pound
USDA Inspected Value Pack 73% Ground Beef	\$247	Per Pound
USDA Inspected Family Pack Fresh Bone-In Chicken Leg Quarters	\$67	Per Pound
USDA Inspected Family Pack Fresh Boneless Chicken Thighs	\$177	Per Pound
USDA Inspected Family Pack Fresh Boneless Chicken Tenders	\$257	Per Pound
Country Fresh Whole Boneless Pork Loin	\$197	Per Pound
Country Fresh Boneless Pork Sirloin Steaks	\$197	Per Pound
Country Fresh Family Pack Boneless Center Cut Pork Chops	\$227	Per Pound
Country Fresh Family Pack Boneless Pork Spare Ribs	\$227	Per Pound
Country Fresh Baby Back Pork Ribs	\$397	Per Pound
USDA Inspected Family Pack Storemade Ground Chuck	\$397	Per Pound
USDA Inspected Choice Boneless Family Pack Chuck Steak	\$397	Per Pound
USDA Inspected Choice Boneless Family Pack Tip Steak	\$397	Per Pound
USDA Inspected Choice Boneless Family Pack Top Blade Steak	\$397	Per Pound
USDA Inspected Choice Boneless Family Pack Cube Steak	\$397	Per Pound
USDA Inspected Choice Boneless Family Pack London Broil Steak	\$397	Per Pound
USDA Inspected Choice Boneless Family Pack Top Round Steak	\$397	Per Pound
USDA Inspected Plumrose Marinated Pork Ribs	\$597	Per Pound
USDA Inspected Bone-In Beef Ribs	\$277	Per Pound
USDA Inspected Boneless Family Pack Rib Eye Steak	\$697	Per Pound
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From the

OCSD Jail Log

June 27, 4:25 a.m.: Allen L. Larson, 23, of Paris, violation of bail conditions, by Deputy Nathan Bowie in Woodstock.

June 28, 12:43 a.m.: Wendy A. Bertrand, 49, of Greenwood, aggravated criminal mischief, criminal trespass, harassment; by Deputy Matt McDonnell in Woodstock.



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Main St., Bryant Pond 665-2933

Sirloin Steak.....	\$4 ⁹⁹ lb
Extra Lean Burger.....	\$3 ⁴⁹ lb
St. Louis Ribs.....	\$2 ⁹⁹ lb
Bone-In Chicken Breast.....	\$1 ⁷⁹ lb
Haddock Filets.....	\$4 ⁹⁹ lb
Boneless Pork Loin.....	\$1 ⁹⁹ lb

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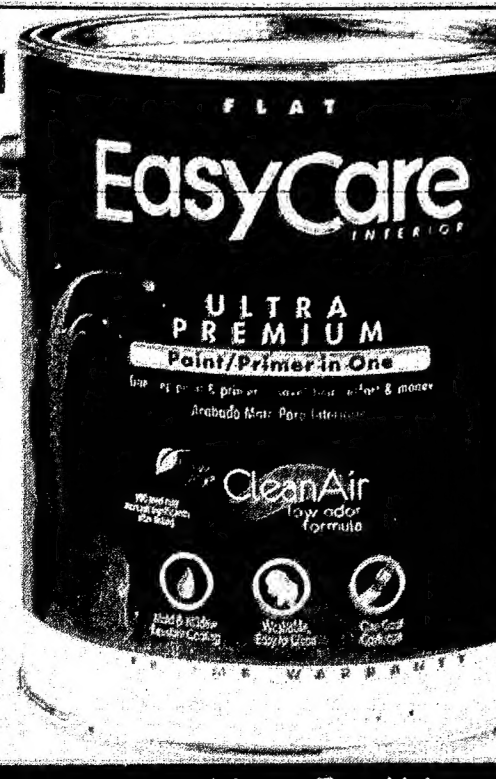
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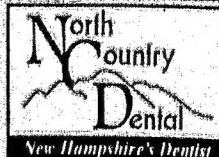
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Bethel

By DON BENNETT



Around Town

Saturday morning someone had scaled the Old Soldier statue and placed a tent sign about the next door Farmers Market over the statue's head like a roof. Two young women climbed up later and removed the sign. At the Maine Mineral and Gem Museum work continued on the museum's rock garden. Paving of Main Street and Church Street was completed. Another couple married and celebrated at the 1888 Barn. Saturday evening the Barbecue at Good Food Store was doing a land office business - parking lot full. Dave Nivus said that the Barbecue made out well during the Moose Festival - a few asked if they had moose meat barbecue.

This past week Richard (Sonny) and Phyllis Blake left their village home for their 55th summer at Littlefield Beaches Campground. The Blakes have been married 65 years. Sonny is also the only person I know who attended the Head O Tide School in North Newry.

This week's Supreme Court rulings and comments somehow resulted in an online map of the US showing the 10 Best U.S. States for Hippiess. Maine is No. 2, Vermont is No. 1 and New Hampshire is No. 3.

Bethel tourist shopping opportunities

Last week I checked out NABOS, Pok Sun Emporium and Philbrook Place for items that visitors might connect with Bethel and purchase. For instance back about 1973 we spent two days in Tintagel, Wales to see where the legendary King Arthur was born. We found the rocky remains of the old castle and at King Arthur's Castle Book Shop we bought a stone lamp

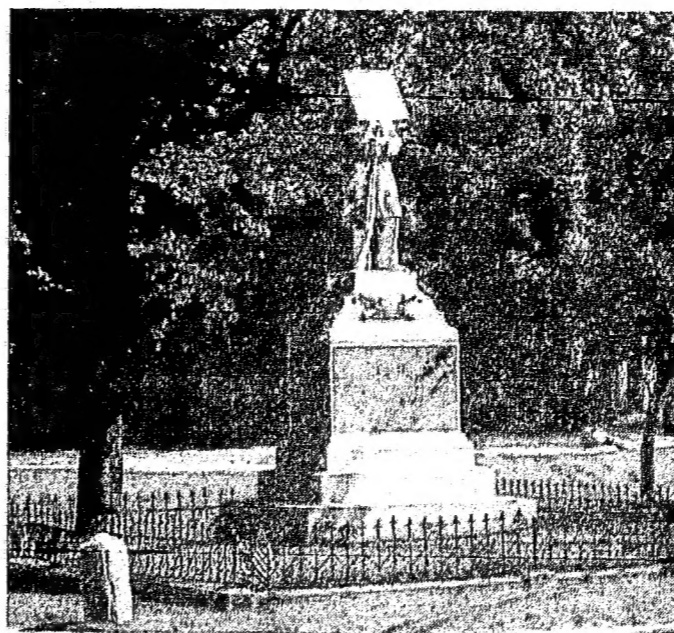
base which had been turned on a lathe. And in Bruges in Belgium we bought a special lamp that has a wooden hub base and a shade shaped like a wind mill tower.

At NABOS I saw a rack of books by Maine authors which included two by William Andrews and Amanda has a special Bethel Maine sign strip. For young ones there is a "Christmas Tree" of soft carry around toy animals and you name it items as well as a display of special kid's socks. NABOS has a lot of small gift and/or souvenir items to choose from.

The Emporium has a lot of locally connected items: sign boards for South Pond, Christopher Lake, posters for Sunday River skiing, mounted fish, antlers, etc., and even a wooden sled Big Sky Flyer and outdoors their rustic furniture display has many larger items. Knick-knack-ers could spend an hour or more going over their two floors of touristy items.

At Philbrook Place the main floor is divided into three departments: the Gallery, Revival Boutique and Toys. At the gallery I saw a Maine Moose Antler Knife, framed Maine wildlife images and framed photos and art work plus rustic furniture pieces by Odd Lyngholm. To keep a gender neutral perspective the Wool is Why display and many choices of adult clothing in Revival Boutique would attract many visiting couples. For visiting families the Toys department would be attractive for kids who visit and on rainy days especially.

At the Rotary Auction preview Saturday half an hour before auction time, at 6 p.m., 25 had registered to bid. One of the registration ladies said that they have had 60 up to 75 register for these auctions. In the front row display of items there were two "traditional" trunks that looked like some family items we moved around



For a short time Saturday morning the Old Civil War Soldier statue has a protective cover.

(D. Bennett)

for many years. Three or four items caught my eye: a model square rigged ship, a telescope with tripod, a mysterious looking small stringed musical instrument and outside in the under tent collections there was an early model antique gas powered log splitter - lots of furniture for auction this year.

The Road Not Taken
In June 2008 trail work started on an extension of the Bethel Pathway which ended at BIG Adventure - new path would continue about one half mile to Twitchell Brook (about same distance as walking from the Skateboard Park to the Recreational Bridge). It was intended to be the first link for a trail to Sunday River. Town Manager Scott Cole had given a lot of his attention to seeing this project along from town meeting to laying out the trail path. Trail volunteer workers included Jim List, Al Thrall, John Cheney, Chuck Thibodeau, Dave Walker, Sylvia Van der Sluice, Hal Moran, Ginger Kelly, Sarah Southam, Brian Fallick, Jenni Fredricks, Scott Cole and Andy Eichelberger. Mark McKenna's Quality Fences of Rumford installed the fencing. Mahoosuc Pathways

seems to have taken over trail responsibility. Current trail map shows that its proposed trail will not include the existing trail from North Road to Twitchell Brook but will continue down the North Road to the road which circles around the airport.

Road not used? From what I could see on Friday the trail path shows little or no use. Maybe it should be renamed the Robert Frost Trail taking the theme of his famous poem. Bethel Pathways page in the Maine Trails website does not even mention it. Someone has mowed the trail this year - maybe Mahoosuc Pathways or the Norseman Inn. What happened to it - not a trail network link anymore? Would seem appropriate if Mahoosuc Pathways or the Bingham Forest Authority would write up a

news item periodically for the Bethel Citizen to let the public know what is happening.

Bethel Village May 9, 1894: Fire, Fire - Call out the Hose Company
Norway's Main Street swept by fire, Wednesday afternoon a desperate call for firefighting help came through to Bethel from Norway (probably via railroad telegraph).

A terrible fire was raging in Norway Village. In short order twenty-five members of the Bethel Hose Company with 600 feet of hose responded along with a sizable number of townspeople.

Between 2 o'clock and 6, that Wednesday afternoon the fire mowed a wide swath a mile long through the heart of Norway village, destroying the Opera House block, the large mill of C.B. Cummings & Sons, the tannery, the high school building, the Congregational church, a number of stores and shops, and over sixty of the finest residences in this place. Seventy of the best buildings were destroyed - loss estimated at \$239,000 - worst fire Oxford County ever saw.

In 1889 Maine's legislature chartered both the Bethel Village Corporation and the Bethel Water Company. The Village Corporation's first mission was water for fire protection; the Water Company was the organization to provide water for fire protection.

The brick Opera House standing on Main Street, Norway, today was built in 1894 after the fire.

Bethel

By NANCY BROWN



By the time you read this, the old Martin Memorial Bridge, a three-span

steel bridge that crosses the Androscoggin in Rumford Point, will be closed. The bridge was declared structurally deficient several years ago. A sleek new bridge (also to be called Martin Memorial Bridge) has been built to replace the old bridge.

In my childhood the bridge was painted a bright shiny green. Today the steel beams are brownish-red with age and rust; pot holes and pock marks dot the road surface and the sidewalk that runs along the north side. It's obviously time to upgrade. Since 1955 the old bridge has linked the villages of Rumford Point and Rumford Corner.

Before the bridge opened, Kimball's Ferry operated between the two villages since 1839. The ferry was named for Moses Kimball who began operating a ferry there in 1809. The ferry operated from ice-out in early April until late November when a team of oxen would pull the ferry out of the river for the winter. In June 1950 a decision was finally made to replace the fer-

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ry with a modern steel bridge. At that point, my mother asked my father to take her and my older sister across the river on the ferry before it closed. My mother hoped my sister would remember the ferry ride. My father, always very respectful of large bodies of water, said no because my sister was only a small child. However, he did take my mother for a final ride on the ferry before the bridge opened in November 1955. On Sunday afternoon, my mother and I drove to Rumford Point to take a last drive across the old bridge and to get a few pictures.

This Saturday, July 4, is the Bethel Art Fair from 9 a.m. to 4 p.m. on the Common. Booths will include everything from watercolors to jewelry. However, not all the art will be on the Common. There are scattered venues featuring spectacular art throughout the weekend. On Friday night from 5 to 7 p.m. the Danna Brown Nickerson Photo Exhibition Opening is at the Mill Hill Inn. The exhibition runs through October. Also on Friday, from 5 to 8 p.m. at the Owen Art Gallery at Gould Academy is the opening reception for the 2-day exhibit "Shaping Clay, Shaping Our Lives, 40 Years in Bethel," the art of Melody and Garrett Bonnem. The 11th Annual Shy, Novice & Closeted Art Show is Saturday from 9 a.m. to 4 p.m. at 18 High Street. The Bethel Historical Society's summer exhibit, "Secluded Glens & Noble Landscapes: Traditional White Mountain Art recaptured," opens July 2 and runs through Aug. 29.

The Bethel Historical Society's Annual Fourth of July Picnic and Concert will begin at 11:30 a.m. under the large tents on the lawn of the Moses Mason House at 14 Broad Street. Bring your own lunch. After a short program celebrating Independence Day, there will be a free two-hour concert by the Portland Brass Quintet.

Carl Howe Hansen, a former Bethel resident, has published his debut novel *Destiny*. Early reviews praise the novel. "Don't start this book if you have anything urgent to do!"

wrote Rebecca Pepper Sinkler, former editor-in-chief of the New York Times Book Review. "This is a rip-roaring thriller with a heart." Hansen will be at the Bethel Library in August for a book talk and signing. Meanwhile, you can order his book through Maine Authors Publishing at www.maineauthorspublishing.com or get more information at the author's website www.carlhowehansen.com.

Spending the week at home with Jim Young were Shonna Young of Roanoke, Va., and Joshua Young of New York City. If you have news to share, please e-mail me at brownnancy1950@gmail.com.

West Bethel

By KAREN PAUL



Flat Road figured early in my life as the main avenue to adventure and excitement. For those of you who don't know me, I am the favorite oldest daughter of Rodney and Carol Jordan who bought the old Walker farm at 81 Flat Road in 1955. Nestled peacefully between Pleasant River and Sparrowhawk Mountain, this fertile land has protected and nurtured our family for over 60 years.

My job as your correspondent will be to report the local goings on and entertain readers simultaneously. I am requesting my fellow West Bethelites to e-mail or call me with the best news you can muster. Together we will dazzle our friends and neighbors with the thrilling details of our adventurous lives. This is your chance to be published in a paper that is read all over the globe. (I always carry one with me when I'm traveling.)

I myself am traveling every week to Quincy, Mass. to take a class called the Self Expression and Leadership Program. Each participant creates the possibility of a project and shares that possibility with others in their community. My project honors my recently deceased mother who struggled communicating because of hearing



MAIN STREET PAVED—In a job for MDOT, a crew from Pike Industries paved the travel way on Main and Church streets and on Mill Hill Road in Bethel Friday. Here, they work in front of the Bethel Town Office.

loss. Watching her withdraw and give up trying to engage in everyday activities inspired me to create the Hearing Project. I am trying to create a possibility of a project to raise money so that people here in the Bethel area that need assistance with connecting and communicating can get help.

West Bethel sits comfortably between Gilead and Bethel on the banks of the Androscoggin River. The Pleasant River flows smoothly into the Andro just east of Gilead and gives the valley its "Pleasant" name. The name graces four places in town, The Pleasant River Grange, Pleasant River Campground, Pleasant River Hotel, and Pleasant Valley Bible Church.

There exist at least six thriving businesses in town, two cemeteries, two churches, one school, a boat put-in at Newt's Landing, and a Grange Hall.

Two major buildings were razed on Barker Road in West Bethel in recent months, the 1822 barn at the old Barker Farm and the main house at the old Maple Lane Farm.

A bear took Macky Chapman's hummingbird feeder Friday night. She's been taking her bird feeders in at night but the bear liked the taste of the sugary stuff.

Eddie Smith fell and broke her knee. She has to stay off it for five weeks. She is at Ledgeview Nurs-

ing Home.

The Stowell reunion is being held on July 4 at the Jonathan and Jennifer Head place beginning at noon-ish. Stop by and say hello to the Stowell siblings, their families and friends under the tent behind the Post Office.

When you have family events including, reunions, birthday celebrations, births, deaths, wildlife sightings, and more, the readers of these pages will be delighted to learn of your news. You may leave a message on my phone (836-2266) with your name and phone number or e-mail me at paulkmarie@gmail.com.

East Bethel

By WALLY RITZ



Other than Sunday the weekends was great. My two daughters, two grandkids and Jason went camping together in celebration of the kids' birthdays. They all had a great time and I really loved the pictures they shared.

I need to apologize for a mistake I made last week. Arlene Harrington's visitor wasn't her grandson. It was her nephew Sonny. It seems every so often Mr. Alzheimer comes to visit me, just kidding. Saturday night Arlene attended the graduation dinner for Katie Merrill. It was held at her Dad's, Rick Merrill,

in Andover. Everyone had a good time. Congratulations to from the neighborhood, Katie, and we wish you all the best for your future.

I will put the last Trivia question to rest as I can't find more information on which the correct year is. The new question is: Who was the great-grandfather of Robert Hastings?

Decided to wait one more week for the election results. Call me at 507-1008 or e-mail me at heinrichcracer@gmail.com with more votes.

Have a great week.

Locke's Mills

By AMY WIGHT CHAPMAN



Charlie and Cathy Newell enjoyed a lunchtime cookout at Papoose Pond last Saturday with their son Alec, daughter-in-law Lynn, and granddaughters Caroline and Emma. Cathy bookended the day with visits to the Locke's Mills Union Church Strawberry Festival and the annual Rotary auction at Telstar.

I'm glad all those activities were planned for Saturday, since Sunday was a bit of a washout. Cathy and Emma spent the rainy Sunday doing craft projects together, sewing a new dress for Emma's American Girl doll and working on their rug-hooking projects.

I'm glad to hear that grandparents are still passing down skills to their grandchildren. My own kids were fortunate to have grandparents who taught them many things, including baking, canning, sewing, quilting, knitting, and gardening. They gained not only useful skills, but also a closer relationship with their grandparents, the last of whom, Alden Kennett, passed away last week.

Alden, my daughters' grandfather, was a model of lifelong learning. He taught himself many "old-fashioned skills," including blacksmithing, maple sugaring, and shingle-making. In later years he became very interested in Native American history and culture, creating beautiful beaded crafts and learning to speak some of the Lakota Sioux language. Although he had not been my father-in-law for many years, I always held him in the highest regard. If you knew Alden, or would just like to know more about a wonderful man, there is a post about him on my blog: amywchapman.com/reflections.

I attended the celebration of life for Jim Lamb at his home, store, and museum in Oxford on Saturday. Jim was well-known throughout the area for his passion for collecting and restoring old cars and trucks, for his involvement with Santa Visits Oxford, and also for Parts and Pieces, the business he started nearly 20 years ago to supply parts for manufactured homes. The store sells windows, doors, furnaces, decks - pretty much everything, including the kitchen sink.

I knew that Jim had built a museum to showcase his collection of Shell gas station memorabilia, but I had never seen it until Saturday. Crammed with collectibles, from oil filters to gas pumps to a vintage cash register, it's modeled on the Shell station his grandfather, Conrad Lamb, ran in West Paris in the mid-20th century, and stepping through the door is just like stepping back in time.

Jim's parents, Sayward and Cynthia Lamb, built

Continued on Page 10

2014 Annual Drinking Water Quality Report

Bethel Water District

Bethel, Maine
PWSID ME0090160

We're pleased to present to you our Annual Drinking Water Quality Report, also known as the Consumer Confidence Report. This report, a requirement of the 1996 amendments to the Safe Drinking Water Act, is designed to inform you about the quality water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water.

WATER SOURCE

Our water source comes from five drilled groundwater wells located in Bethel ranging from 36-40 feet in depth. The wells are treated with chlorine to protect from possible bacterial contaminants and fluoride to promote dental health. Our system serves a population of 1,405 customers through 656 service connections.

SOURCE WATER ASSESSMENT

The Maine Drinking Water Program (DWP) has evaluated all public water supplies as part of the Source Water Assessment Program (SWAP). The assessments included geology, hydrology, land uses, water testing information, and the extent of land ownership or protection by local ordinance to see how likely our drinking water source is to be contaminated by human activities in the future. Assessment results are available at public water suppliers, town offices, and the DWP. For more information about the SWAP, please contact the DWP at telephone 207-287-2070.

Waiver Information

Current waiver information: 1/1/2013-12/31/2015

In 2013 our system was granted a "Synthetic Organics Waiver." This is a three year exemption from the monitoring/reporting requirements for pesticides, herbicides, fungicides and other industrial chemicals. This waiver was granted due to the absence of these potential sources of contamination within half a mile of the water source. If you have any questions about this report or concerning your water system, please contact Lucien Roberge, Superintendent, or Donald Katlin, Assistant Superintendent, at telephone number 207-824-2342 or mailing address PO Box 104, Bethel, ME 04217. If you want to learn more, please attend any of our regularly scheduled meetings. They are held on the third Tuesday of every month at 7 p.m. at the Bethel Town Office Meeting Room on Main Street.

WATER QUALITY

Bethel Water District routinely monitors for contaminants in your drinking water according to Federal and State laws. The following table shows any detection resulting from our monitoring for the period of January 1st to December 31st, 2014.

The sources of drinking water include rivers, lakes, ponds and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and radioactive material and can pick up substances resulting from human or animal activity. All sources of drinking water are subject to potential contamination by substances that are naturally occurring or man made. Contaminants that may be present in source water include:

Microbial contaminants, such as viruses and bacteria, may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
Inorganic contaminants, such as salts and metals, can be naturally occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.
Pesticides and herbicides may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.
Organic chemical contaminants, including synthetic and volatile organic chemicals, are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, and septic systems.
Radioactive contaminants can be naturally-occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, U.S. Environmental Protection Agency (EPA) prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. U.S. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

The table below lists all of the drinking water contaminants that were detected through our water quality monitoring and testing. The presence of contaminants in the water does not necessarily indicate that the water poses a health risk.

Bethel Water District had no violations in 2014

TEST RESULTS						
Unless otherwise noted, testing was done in 2014.						
Contaminant	Violation Y/N	Level Detected	Unit Measurement	MCLG	MCL	Likely Source of Contamination
Microbiological Contaminants						
Total Coliform Bacteria	N	Absent	Highest monthly of positive samples	0 positive	1 positive	Naturally present in the environment
Inorganic Contaminants						
Barium (8/5/14)	N	0.0049	ppm	2	2	Leakage of natural deposits
Copper* (1/1/13-12/31/13)	N	0.11	ppm	1.3	AL: 1.3	Corrosion of household plumbing systems
Fluoride (6/2/14)	N	0.78	ppm	4	4	Water additive which promotes strong teeth
Lead* (1/1/13-12/31/13)	N	5.0	ppb	0	AL: 15	Corrosion of household plumbing systems
Nitrate (8/2/14)	N	0.19	ppm	10	10	Runoff from fertilizer use, leaching from septic tanks, sewage, erosion of natural deposits

* Reported results are the 90th percentile value (the value that 90% of all samples are less than).
Note: The state allows us to monitor for some contaminants less than once per year because the concentrations of these contaminants do not change frequently. Not all contaminants are tested for every year due to monitoring waivers and therefore we must use the most recent round of sampling. Some of our data is more than one year old, however, is limited to no older than 5 years.

Definitions:

Action Level (AL) - The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Maximum Contaminant Level (MCL) - is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal (MCLG) - is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Residual Disinfection Level (MRDL) - The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Maximum Residual Disinfection Level Goal (MRDLG) - The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

Not Applicable (N/A) - Does not apply

Running Annual Average (RAA) - The average of all monthly or quarterly samples for the last year at all sample locations.

Treatment Technique (TT) - A required process intended to reduce the level of a contaminant in drinking water (e.g. treatment technique for turbidity).

Variances, Exemptions, and Waivers - State or EPA permission not to meet an MCL, a treatment technique or test for a given contaminant under certain conditions.

Units:

Nephelometric Turbidity Unit (NTU) - nephelometric turbidity unit is a measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person.

Parts per billion (ppb) or micrograms per liter (µg/L) - One part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.

Parts per million (ppm) or milligrams per liter (mg/L) - One part per million corresponds to one minute in two years or a single penny in \$10,000.

Picocuries per liter (pCi/L) - A measure of the radioactivity in water.

Notes:

Barium: Some people who drink water containing barium in excess of the MCL over many years could experience an increase in their blood pressure.

Total Coliform Bacteria: Reported as the highest monthly number of positive samples, for water systems that take less than 40 samples per month.

Fluoride: For those systems that fluoridate, fluoride levels must be maintained between 0.5 to 1.2 ppm. The optimum level is 0.7 ppm.

Lead/Copper: Action levels (AL) are measured at consumer's tap. 90% of the tests must be equal to or below the action level; therefore, the listed results above have been calculated and are listed as the 90th percentile.

Nitrate: Nitrate in drinking water at levels above 10 ppm is a health risk for infants of less than six months of age. High nitrate levels in drinking water can cause blue baby syndrome. Nitrate levels may rise quickly for short periods of time because of rainfall or agricultural activity. If you are caring for an infant you should ask advice from your health care provider.

Gross Alpha: Action level over 5 pCi/L requires testing for Radium-226 and -228. Action level over 15 pCi/L requires testing for Uranium. Compliance is based on Gross Alpha results minus Uranium results = Net Gross Alpha.

Radon: The State of Maine adopted a Maximum Exposure Guideline (MEG) for Radon in drinking water at 4000 pCi/L, effective 1/1/97. If Radon exceeds the MEG in water, treatment is recommended. It is also advisable to test indoor air for Radon. The U.S. EPA is proposing setting federal standards for Radon in public drinking water.

THM/HAA5: Total Trihalomethanes (THM) and Halooacetic Acids (HAA5) are formed as a by-product of drinking water chlorination. This chemical reaction occurs when chlorine combines with naturally occurring organic matter in water. Compliance is based on running annual average.

IMPORTANT INFORMATION

Since our system chlorinates its water, we are required to report our annual average for chlorine residual. Chlorine Residual was found to be 0.25 ppm, with a range of 0.21 ppm to 0.35 ppm.

As you can see by the table, our system had no violations. We're proud that your drinking water meets all Federal and State requirements.

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1-800-426-4791.

For most people, the health benefits of drinking plenty of water outweigh any possible health risk from these contaminants. However, some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC's Center of Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. We are responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for thirty (30) seconds to two (2) minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

We, at Bethel Water District, work hard to provide top quality water to every tap. We ask that all our customers help us protect and preserve our drinking water resources, which are the heart of our community, our way of life, and our children's future. Please contact us with any questions. Thank you for working together for safe drinking water.

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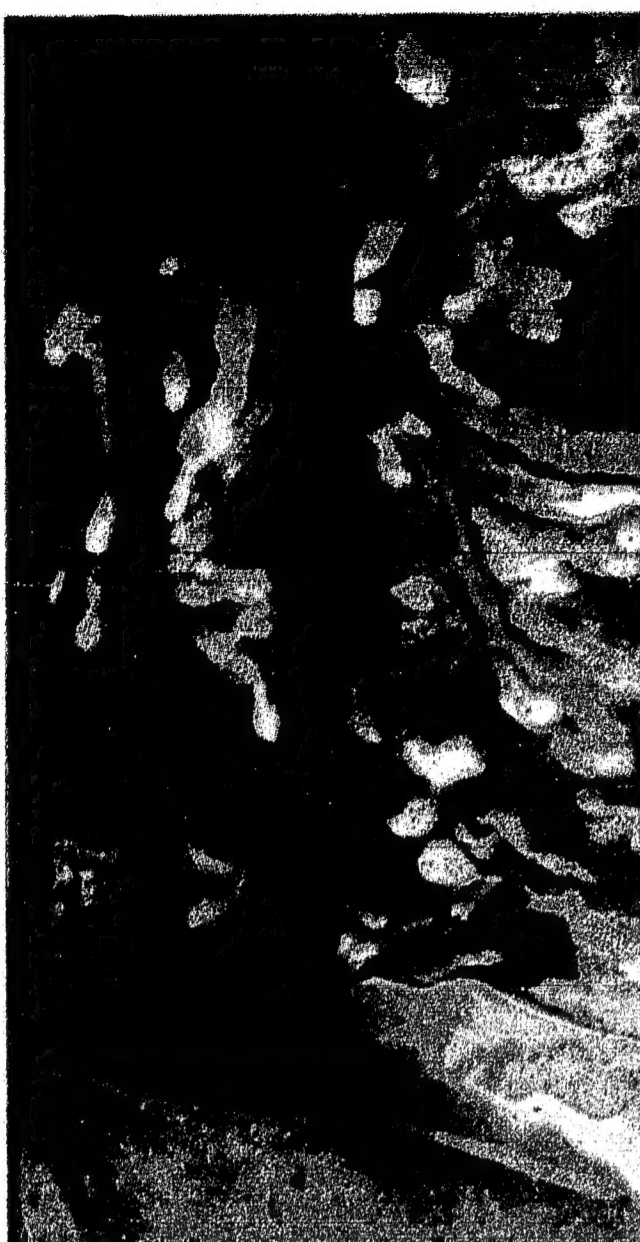
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SCHEDULE OF EVENTS

July 3

- 5-8 PM **Bonnema Potters Exhibit Opening Reception**
at Owen Gallery, High Street, Gould Academy
- 7-9 PM **The 11th Annual Shy, Novice & Closeted Art Soiree**, 18 High Street
- 7 PM **8th Annual Music Without Borders: International Piano Series**
at Gould Academy, Church Street
- 8-11 PM **Live Music downstairs in The Millbrook Tavern at The Bethel Inn Resort.**

July 4

- 9 AM-4 PM **25th Annual Bethel Art Fair on the Common**
- 9 AM-4 PM **The 11th Annual Shy, Novice & Closeted Art Show**, 18 High Street
- 9:30 AM **FREE Children's Theater Play & Creative Movement for the Tiny with Rijah Newell**
Sign Up @ Mahoosuc Arts Booth - ALL CHILDREN WELCOME
- 10-10:45 AM **FREE Children's Theater Play & Creative Movement for the Tiny with Rijah Newell**
- 10 AM-3 PM **Bonnema Pottery Exhibit at Owen Gallery, High Street, Gould Academy**
- 11 AM **Theater Play & Creative Movement Performance**
- 11:30 AM -2 PM **Bethel Historical Society Annual Picnic & Concert**
on the side lawn of the Dr. Moses Mason House (14 Broad Street).
Following the presentation of colors and the National Anthem, the program will continue with a free two-hour concert by the Portland Brass Quintet.
- 12 PM **Artist Award Winners Announced.**
- 1-4 PM **Exhibit: "Secluded Glens & Noble Landscapes: Traditional White Mountain Art Recaptured"**
with the artists and Summer Guided Tours of the Dr. Moses Mason House.
- 2 PM **Mary Uke Lady performs original songs**
- 7:30 PM **Music Without Borders: International Piano Series**
Gould Academy, Church Street
- 8-11 PM **Live Music with Pete Kilpatrick**
downstairs in The Millbrook Tavern at The Bethel Inn Resort.
- 9:15 PM **Fireworks**
best viewing from the back lawn at The Bethel Inn Resort.

Other offerings in the area include the River Rock Christian Music Festival at Sunday River Resort, happening July 3 and 4, and the Androscoggin River Trail Source to Sea 2015.

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Bethel Area Gallery Guide

Annual Bethel Art Fair
Bethel Common
1. Bethel Historical Society 10 Broad Street
2. Maine Mineral Museum 103 Main Street
3. Bonnema Pottery 145 Main Street
4. Elements Art Gallery 162 Main Street
5. S. Timberlake Co., 158 Mayville Rd
6. Community Gallery, Sunday River Brew Pub, 1 Sunday River Rd
7. Red Gate Studio, 15 Skilling Rd. Corner of route 5/35, W. Bethel
8. Harvest Gold Gallery, 1082 Main St. Route 5, Lovell
9. Owen Gallery at Gould Academy, Church Street
10. Larry's Metal Magic, East Bethel Road
11. Bethel Bait, Tackle & More, 7 Mechanic Street
12. Mary Isham Artist Studio, 1006 Vernon St., Albion, Twnshp
Art Studio & Gallery Locations

Continued from Page 8

their camp on North Pond in Woodstock in the 1950s, at about the same time as my parents were building theirs, so our families have known each other for 60 years. As kids, Jim and my sister Leslie built an assortment of "experimental watercraft" together, including, one summer, a houseboat (which sank almost immediately upon launch). Jim was a great guy, and my thoughts are with his family and friends.

The North Pond eagles are nesting on one of the islands, attracting a lot of attention from boaters, which doesn't seem to faze them in the least. They have two babies, which are already quite large and cute in a sort of homely way. It must be a lot of work to keep them fed. One of the parents is nearly always out circling over the pond or perched in a tall pine, waiting for a fish to surface.

Sadly, the loon couple appears to have abandoned its nest near Johnny's Bridge, leaving the unhatched egg behind. There has been a lot of human activity in that area, with people fishing from the bridge and many boats passing by, so perhaps the parents weren't counting on the increase in summer traffic.

The West Paris Historical Society will meet on Monday, July 20 with a potluck supper at 6:30 and a meeting at 7:30. There will be a program on the history of vintage aprons, featuring "Alice's Aprons," presented by sisters Norma Salway and Dottie Adams. This is a lively, interactive show featuring aprons made and worn by their mother, Alice Kimball. Guests are invited to bring or wear a vintage apron. The event is sponsored by the West Paris Historical Society and the Friends of the West Paris Library.

E-mail your news to amy.w.chapman@gmail.com, call 875-5511, or contact me on Facebook.

Gilead

By LIN CHAPMAN



As I write this column on Sunday afternoon, the rain is still coming down. It has been at it all day. It makes it too cold and damp to want to do anything.

My brother, Steve McLain, joined his son, Stephen, for a trip to Boston last week. They went to Fenway Park to watch the Red Sox play the Baltimore Orioles. It is too bad that the Sox lost,

but the two of them had a great time.

On Father's Day, besides phone calls from Chris and Tim, Hugh received a late in the evening call from our grandson, Ben Chapman. He was calling us from Seattle, Washington from the U.S. Coast Guard Cutter Healy. They are headed for the North Pole with several scientific research teams from such groups as NASA, University of Florida and the University of Alaska. They will be back in Anchorage at the end of July.

Last Friday, I joined a couple of Adult Education people for lunch at the Hitching Post. Lois Ruff, Cathy Newell and Roberta Taylor got together for an end of the school year lunch with Jean Waite. Jeanie has resigned from her position as Adult Education Director at SAD 44, so we made it a "Sort-a, Kind-a, Almost Retirement Party." I certainly enjoyed working with Jeanie over the past 12 of the 13 years she served as director.

Hugh and I attended the Rotary Club's annual yard sale in Bethel last weekend. We also checked out a couple of other yard sales around town. We found a few interesting things, but they were mostly for the Gilead Historical Society.

Last week, during one of those rainy days, several employees associated with the White Mountain National Forest appeared at the picnic area across from our house. They took down one of the big old maple trees near the entrance. The tree had seen better days and since it appears to be in a picture that was taken around 1890, I guess it has a right to be past its prime.

Last week, I mentioned that Peter and Claudia Risbara were in town and brought us some cucumbers and tomatoes from their greenhouse. Now, I would just like to report that they were delicious.

Happy Birthday wishes got out to Papillon, Neb. to our granddaughter, Mariyah Boss. Her birthday is on July 2 and she will be turning 21 years old.

Our granddaughter, Sidney Chapman, took a canoe trip with the park program in Gorham, N.H. last week. She said that they put their canoes in by the Androscoggin River in Gilead. She told us about the excitement that happened when her canoe missed the boat launch in West Bethel where they were supposed to get out of the river. They were "rescued" a little ways down the river when some

woman noticed that they were in trouble.

It took us a little while to figure out where she was in West Bethel, but we finally did. It turned out to be Donna Remington who spotted them and the man who waded into the river was Eric Paul. We had Sidney and Ajay with us on Friday, so we stopped to say hello and thank them. They were surprised to see who the little girl in the canoe was and that she was Tim Chapman's daughter. They both know Tim and have gone fishing with him and another buddy, Ric Dow of Gorham, N.H.

Town office
There will be a change of office hours during the month of July for a couple of days. On July 21, the office will be open from 5 to 7 p.m. only. On July 28, the office will be closed. We are sorry for any inconvenience. Other than those two days, the office will be open the regular hours of 2 to 7 p.m. for the Tax Collector and 5 to 7 p.m. for the Town Clerk.

There will be a Special School Budget meeting on July 8 at 5:30 p.m. at the Town Hall. There is only one article that will need to be voted on at this time. There will be no amount of money raised. The article will approve the removal of money from school funds to cover money spent on tuition during the 2014/15 school year. The article reads as follows: "In addition to amounts previously approved for the 2014-2015 school budget, shall the School Committee also be authorized to expend up to \$21,300 from undesignated fund balances, including up to \$15,200 for the regular instruction cost center and up to \$6,100 for the special education cost center, and shall the amounts appropriated for those cost centers and for the Town's total 2014-2015 school budget be increased accordingly?"

Got any news? Call 836-2987 or e-mail chapmal@hotmail.com.

Andover

By JANE RICH



The Selectmen and School Board met with a delegation from SAD 51, Cumberland, on Friday at noon in the Town Hall to discuss procedures for the finances of the school since SAD 51 staff will be acting as our administration for the paying of bill and salaries. This is a service they also perform for the Town of Eustis. This will assure that payments are made in a timely manner

and that a good paper trail will exist for all the financial functions of the school.

Three Directors, the Administrator and three customers of the Andover Water District met on Monday evening at their annual meeting to hear financial reports and, to address freeze-ups that occurred this winter. Director Gary Peaslee will be helping customers to install bleeders in order to prevent a recurrence of numerous freeze-ups in the future. Customers are responsible for their water line from the shut-off into their house. The fee for water service is \$106.26 per quarter or 1.2 cents per gallon of water. Customers are urged to pay their water bills upon receipt to help with cash flow and if they become in arrears they will be given a 14 day warning and then shut off. At present the water system is being mapped by Art Asparita through a grant from the USDA. Once this is complete the map will be available in the Water District Office to aid in the location of shut-offs, pipes, hydrants and other essential equipment to provide water to the citizens of the town. Beginning July 15 customers will be able to pay their water district bills online through informe.org. The minimum fee is \$1 for this convenience and the credit card fee will be \$2.66 or 2.5 percent. Gary Peaslee was re-elected as the day-to-day maintenance person.

The Pete Coolidge and friends concert on the common was well attended on Friday evening. The next concert is scheduled for Friday, July 10 at 6 p.m.

Librarian, Janet Farrington has announced a story hour for children 4 to 7 years of age which will also include a craft and a talk about Native American culture by a local expert. The story hours will be on Wednesdays beginning July 8 at 1 p.m. Staff changes in the library include Michael Dolloff moving from Substitute to Assistant Director and Honey Cronin moving from Asst. Director to Substitute.

The next community lunch at the CEB will be on July 14 and is billed as a picnic with hot dogs and beans. People are asked to contribute to the lunch by bringing a salad, dessert, a bag of chips or pickles.

The Food Pantry was closed this week as June had five Tuesdays in it. The pantry will reopen on Tuesday, July 7. There are food deliveries on the first and third

THS Honor Roll

9th grade: Gaelan Boyle-Wight, Selena Cintron, Marta Opie.

10th grade: Luke Davis, Paige Dutterer, Josh Eliot, Avry Griffin, Kristi Hanscom, Elijah Laird, Luke Mason, Wynter Morin, James Newkirk, Gabe Sylvester, Kellen True, Souix-Ann Tuttle.

11th grade: Luke Angevine, Mackenzie Bragg, Akayla Curtis, Jillian Delallo, Lisa Gammon, Rebecca Howard, Mariah Millett, Haley Peterson, Ashley Savage, Cassidy Smith, Amber Souve.

12th grade: Devon Berry, Chris Chappie, Savannah Clough, Anne Cushman, Sadie Ellsworth, Maureen Glover, Maverik Griffin, Katie Merrill, Greg Wheeler, Travis Wheeler, Zac Wheeler.

Mondays of the month from the Good Shepherd at 8:30 a.m. Volunteers are always welcome to help unload and stock shelves or to help out during the regular Tuesday hours.

The Olde Home Day Committee will meet on July 9 to finalize plans for the three day event which will take place on July 31, Aug. 1 and 2. In addition to the usual activities of garden contest, flower show, art show, cookie walk, lawn tractor pull and race, the ever popular cow chip flip will return on the Grimaldi field at 12:30 thanks to the willingness of Barb Bailey to chair the event. The Parade Chairman, Leo Camire, would like to remind everyone that in addition to a trophy, the top three floats will receive cash awards of \$100, \$50 and \$25. We hope to have an outstanding parade that features the recreation of some past winning floats since this is the 35th anniversary of Olde Home Day.

Upton

By JOE BERNIER



The Upton House Charity Yard Sale will be held Friday and Saturday, July 3 and 4. The Upton Ladies Aid will offer Breakfast-on-the-Porch Saturday. The yard sale hours will be 9 a.m. to 4 p.m. each day. There will be antiques, furniture, appliances, clothing and miscellaneous treasures. William Krohn is scheduled for a PowerPoint presentation to the Upton Historical Society on Sunday, July 12. His talk about D.E. Heywood will start at 7 p.m. at the Upton School House. Please call 533-2331 for more information.

Upton annual Town Meeting was Thursday, June 25. The meeting lasted less than 45 minutes. Only one person was nominated for each elected position and there were no arguments or discussions regarding the other articles. There were a couple of clarification questions asked. I believe

it was the quickest, calmest Upton Town Meeting I have attended.

Have a safe and fun Fourth of July.

Please call 533-2010 or e-mail backstjoe@gmail.com with your Upton news.

Waterford

By ROCKIE GRAHAM



It is July, summer is upon us and Independence Day will be here on Saturday. I even bought several flags - Made in U.S.A. of course. I attended the Light the Garden Fundraiser for the Alan Day Community Garden. It was well attended and fun. People have good looking plants there. Makes what little I have for a garden look pathetic. Maybe next year I will have help and can do a better job. I shall see what next year brings. Who knows, maybe my health will improve by then.

To that end, Gloria is out of the hospital and back home. She is doing fairly well. She is back in her apartment in South Paris. Friend Lee Margolin wrote a great op-ed piece for the Lewiston Sun on Sunday. It is in favor of the clean water act and how important it is to us. Good job Lee.

Saturday, July 4 the Waterford Breakfasts begin at the Wilkins House on Plummer Hill in Waterford. They are served from 7:30 to 11 a.m. They are always good. Get there early to be ready to go to the parade as it winds its way through town. FMI call Ginny at 583-2729. After the first one, the breakfasts will be held Wednesdays, July 15, July 29, and Aug. 12. The price is \$8 for adults and \$4 for child sized portions. Children under 5 are free.

Waterford Grange is holding craft and yard sales every weekend this summer. The grange is on Route 35 next to the North Waterford Post Office. FMI call Mary at 583-4490. That is all for this week. Stay cool and enjoy the Fourth.

Backyard reflections

By SARA WRIGHT

Elderberry power

My first experience with elderberry occurred in Andover when I picked the fruit to make a tasty jam. Although I was experimenting with herbal remedies during those years I never considered using elderberry medicinally until quite recently, probably because it was hard to find the fruits ripening in the wild tangle of plants that inhabited the moist roadside ditches where these shrubs are found. Last year I changed my mind after getting a flu shot and coming down with the worst case of flu I had ever had. Never again I promised myself and turned to elderberry for help. Although by this time I had an extensive library of herb books and had acquired some working knowledge as an herbalist, it was while researching elderberry on the Internet that I first came across some of the folklore around this plant.

The elderberry tree is supposed to ward off evil and give protection to witches who often congregated under its branches when it was full of fruit. Some old women lived in the tree itself. If an elderberry bush was cut down a spirit known as the "Elder Mother" would immediately take revenge. The tree could only be removed safely if one could chant a secret rhyme to the Elder Mother.

Whenever I see the word "witch" associated with a plant I pay close attention. Since the first healers were women, (thousands of whom were burned at the stake during medieval times - a virtual holocaust) any time a plant is associated with a "witch" I assume that it has a powerful healing capacity and this plant has not disappointed me.

Sambucus nigra, black elder has been used for centuries in Europe, northern Africa, and Asia as a medicinal plant. The first settlers brought the bush to this country to protect them from evil spirits and illness. It has been utilized as a food, a wine, a dye, and to cure various ailments associated with colds and flu. Today it can sometimes be found near old farmhouses where it was first planted.

Curiously, its close American cousin *Sambucus canadensis* remains relatively unknown except to Native Americans who have used the plant in similar ways (as well as to make arrows and flutes) and its properties are even more potent. The total anti-oxidant potential in the American elderberry is higher than that of its European cousin. Our bodies use antioxidants to neu-

tralize harmful free radicals and protect us from disease. The European elderberry contains four anthocyanins (the anti-oxidant pigment that is responsible for giving the berries their purple-blue color), while the North American variety contains seven. The anthocyanins in the American elder are acylated, which means they show a resistance to heat and light, protecting the antioxidants from breakdown during processing. From an evolutionary standpoint anthocyanins are produced in part to attract pollinators and animals that will feed upon the fruits and disperse the seeds. They also protect the plants against harmful effects of UV radiation and viral and fungal infection. Modern studies indicate that except for the number of anthocyanins the two species are so similar in terms of medicinal properties that one can be substituted for the other. It's important to note, however, that any elderberry products on the market are made from *Sambucus nigra*, the European variety of elderberry.

A micro-nutrient powerhouse, the tiny fruits of the elderberry contain Vitamin A, B6, and C, E, calcium, iron, magnesium, and phosphorus in addition to many flavonoids making them excellent preventives. For example, cyanidin (an anthocyanin) has been found to be an effective inhibitor of human tumor cells. Bioflavonoids and other proteins in the berry juice destroy the ability of cold and flu viruses to infect or damage a cell. People with flu who take elderberry after becoming ill have less severe symptoms according to some studies and many antidotes.

One of the most celebrated attributes of elderberry in recent scientific research is its capacity to inhibit replication of 11 strains of influenza while increasing cytokine production (immune-modulators). Elderberry may be superior to vaccines given to prevent the flu because flu vaccines are only effective against known strains of flu, whereas the virus is constantly mutating into new strains which elderberry may inhibit. This herb also boosts the immune system and can be used to alleviate allergies and to treat asthma. Stephen Buhner suggests that elderberry may be useful in treating Ebola. Some research indicates that this herb may reduce the risks of cardiovascular disease and stroke.

Recent studies in the Journal of International Medical Research concluded that elderberry extract relieved the suffering in patients with influenza A & B. While on the subject of scientific studies it is important to remember that many are backed by drug companies and that it is in the drug companies best interests to discredit herbal remedies because they are bad for business. If you research herbal remedies please check your source!

es! This unfortunate bias has created a split between herbal remedies and western medicine putting them in opposition to one another to the detriment of both. This situation is especially ironic because herbal medicine has been used for thousands of years with moderate success while modern medicine only evolved quite recently with mixed results. With increasing threats of disease from overpopulation and a toxic environment we would do well to develop a more inclusive holistic attitude, one that includes both approaches for medical treatment.

A couple of caveats: do not eat the raw berries, and refrain from using elderberry if you have an auto-immune system disorder because the tincture may put the immune system into overdrive.

I am pleased to be able to report that elderberry seems to have worked well for me this winter because I have escaped both colds and the dreaded flu. Curiously, I have also had a chronic respiratory condition that has completely disappeared.

Elderberry is a deciduous multi-stemmed shrub with brittle branches that are easily bent under the weight of its fruit clusters growing 5 to 12 feet tall. Suckering from the roots and branching from the base of the main stems force the plant to form dense thickets. The leaves are distinctive with opposing compound leaves that are serrated. Creamy white flowers are gathered into terminal clusters (early in June around here) and when the berries ripen they are a deep purplish blue-black (August to September).

American elder is native to eastern and central North America and can be found growing in damp areas, thickets, roadsides, ditches. It likes nitrogen rich soil and more than half a day of sun. The European variety of elderberry seems to tolerate drier growing conditions, but other than this difference the two are similar in size and growth habits. More than twenty different cultivars are available to consumers. Some such as Adams, Kent, Nova, Victoria and York offer high quality fruit. If you don't have an elderberry on your property you can propagate one from the wild that will produce fruit in its second year. These shrubs grow fast once they take hold but in the early stages they need to be mulched.

Because of the difficulties I have experienced finding the berry clusters in the wild and then being able to reach them I decided to buy a cultivar. I asked Sally and Leslie from Mountain Greenery to order me one this spring. I am delighted to report that my elderberry already has clusters of tiny flowers.

I hope that the Elder Mother will look after her new tree and that at least one old woman will move in!

JUL

2

2015

Bryant Pond

By ALICE HOYT



The Bicentennial celebration was well attended and it was a beautiful day. A very nice parade, lots of people to watch it, and halls were open to visit, items to sell, food to eat (maybe more food vendors next time). Finally enough men showed up to play ball. Awesome fireworks. Thanks to the committee for planning it.

The Woodstock-Greenwood Senior Citizens will meet Thursday, July 2 (today) at 11:30 at the Grange Hall in Bryant Pond. Dinner will be by the Grange.

July 27 to 31 is "Camp Kilimanjaro" Vacation Bible School at the Baptist Church.

The librarian and trustees of Whitman Memorial Library wish to thank all involved in the 200th birthday. Thank you to Sterling and Irene Mills for the use of the flatbed truck and to Irene and Jerry Cerra from the state of Washington for much needed help decorating the float, and the two ladies who carried the banner in the parade. Also, they want to thank everyone who made the pies for the sale and to all the people who stopped to visit the library and who purchased pies and books. They made over \$300.

Franklin Grange will meet Monday, July 6.

The program for the Senior Citizens dinner will be a game party. Please bring a game prize.



CLEANUP CREW - Ten people worked to clear debris and fallen trees from the trail on Buck's Ledge Saturday. The group also removed the fire pit to discourage any fires in the future. A fire on May 27 was probably started by careless people with a campfire on the top. Pictured are, from front left: Jim List from Hanover, Nancy Uber from Bryant Pond and Florida, Jim Chandler from Bryant Pond, Kevin Winsor from Bethel. Back row, from left: Steve Bies from Bryant Pond, Linda McDonough from Bethel, Iz Yankura from Bryant Pond, and Ed Kowalski from Rumford. Tony Chapman went up the previous day for chainsaw work.

(J. Chandler)

Bethel church to host Celtic-based events

New England Celtic Arts is joining forces with the Bethel United Methodist Church (Bethel Celtic Concerts) to host several top level touring bands in 2015. It all starts on Wednesday, July 15, with the highly acclaimed Irish/American folk trio Makem & Spain. Phill McIntyre, director of New England Celtic arts will be working with team local leader Linda Howe to bring an initial lineup of four concerts as a trial run for a potential expanded series in 2016. "We want to give it a good effort and are very excited about the potential to bring this level of entertainment to Bethel," said Howe. "Celtic and Roots/Traditional have always been the backbone of the events we present," said McIntyre. "We have some exciting new bands coming to Bethel this year." The Stanfields from the shores of Nova Scotia on Wednesday July 29; a dynamic young band from Ireland "Socks in the Frying Pan" will be here on Wednesday Aug. 19, and finally Old Man Luedecke a Juno award winning Folk singer from Canada on Wednesday Sept. 9 as part of Western Maine Music Week.

NECA has a long track record of working with non-profit organizations that are looking to expand their community based outreach. As a result several new arts groups have been established in the rural areas of Western Maine. A very successful new series was started this year in Mexico as the Green Church Concert Series. McIntyre has developed a solid base of venues and Celtic music fans over the past decade and regularly works with established venues to provide mid-week opportunities for artists touring from Canada, Ireland, Scotland, Wales, France, and the US.

The shows will be priced at \$15 for adults and \$5 for youth 18 and under. Information can be found on Facebook <https://www.facebook.com/pages/Bethel-Celtic-Concerts/1642927925937860> or on the NECA website: <http://necelticarts.com>.

Free kids' theater workshop

A free Theater Play Workshop will be held at the bandstand on the Bethel Common by Performance Artist Rihaj Newell for children interested in creative movement and improvisation on the morning of the Bethel Art Fair July 4.

Children wishing to participate in the free theater workshop can sign up from 9:30 to 10 a.m. at the Mahosuc Arts booth. The workshop will be held on the common around the bandstand from 10 to 10:45 a.m. Masks and other props will be provided.

A performance will feature all of the children who participate. The Bethel Bandstand will be the stage for an 11 a.m. performance.

Rihaj is the founder and artistic director of Trash Into Art, a street theater company that uses discarded and recycled objects to design and create spectacular costumes which are used in skits with environmental messages.



COMMUNITY CALENDAR

THURSDAY, JULY 2

The Gothard Sisters; 7:30 p.m., Deertrees Theatre, Harrison. The Gothard Sisters are a dynamic all-female Irish music and dance group from the Pacific Northwest. The three girls (who are truly sisters!) perform and record new Celtic arrangements of well-known traditional tunes and songs, as well as their own original compositions. As champion Irish dancers who have competed overseas multiple times at the World Championships, they include the visual elements and the exciting rhythms of Irish step dancing into tightly choreographed, high-energy variety shows.

JULY 3 AND 4

Upton House Charity Yard Sale; 9 a.m. to 4 p.m. There will be antiques, furniture, appliances, clothing and miscellaneous treasures. All participants and donations are welcome. Saturday only, there will be Upton Ladies Aid Breakfast on the Porch. Those wishing to participate are asked to call the Upton House at 533-2061 prior to the sale.

River Rock Festival; Sunday River, Newry. Hosted by Maine's own Lee Goldberg, the River Rock Festival welcomes some of the biggest names in contemporary Christian music, including Grammy winners Switchfoot, hit-makers Kutless, and American Music Award (AMA) recipients The Afters. Also on the roster: American Idol third place finalist Danny Gokey, AMA- and Grammy-nominee Jeremy Camp, Jonathan Thulin, Phil Wickham, and musicians Hawk Nelson who reached #1 in VH1's Top 20 Video Countdown with "The One Thing I Have Left." Onsite lodging packages start at \$99 for this two-day festival, which includes Fourth of July fireworks and a celebrity autograph tent so everyone can have a chance to rub elbows with the very musicians they will see on stage. Sunday River will be open for summer operations, and there will be plenty of time for mountain biking, zipline tours, rock climbing, and scenic lift rides on the resort's signature Chondola. FMI: sundayriver.com/river-rock-festival.

FRIDAY, JULY 3

Danna Brown Nickerson Photo Exhibition Opening; 5 to 7 p.m., Mill Hill Inn, Bethel. The exhibition will run through October.

"Shaping Clay. Shaping our life. 40 Years in Bethel" Opening/Reception; 5 to 8 p.m., Owen Art Gallery, Gould Academy, Church Street, Bethel. This special 2-day exhibit of Melody and Garrett Bonnema will also be open July 4 during the 26th annual Bethel Art Fair from 10 a.m. to 3 p.m.

Music without Borders Recital; 7:30 p.m., McLaughlin Science Center, Gould Academy, Bethel. Open to the public at no charge. FMI: www.musicwoborders.com.

SATURDAY, JULY 4

11th Annual Shy, Novice & Closeted Art Show; 9 a.m. to 4 p.m., 18 High Street, Bethel (directly behind Key Bank), rain or shine. This show supports shy, novice and closeted artist of our community, providing the opportunity and encouragement to show their work(s) of art. To participate call 824-3889 or go to www.facebook.com/shyartshow

Bethel Art Fair; 9 a.m. to 4 p.m., Bethel Common. Paintings, weavings, sculptures, wood carvings, glass art, gourmet preserves, handmade jewelry and more. Works by 2015 Artists of Honor, Melody and Garrett Bonnema, will be on display at Gould Academy's Owen Art Gallery from 10 a.m. to 3 p.m. FMI: www.mahosucarts.org.

Ellis River Riders Open Show; 9 a.m., 78 Airport Road, Andover. Participant fees: \$5 per class (members), \$7 per class (non-members), \$1 number fee, \$3 replacement number fee, \$6 trophy fee, \$10 Registration fee (waived with early online registration). Parking and spectator admission is free. Food booth open. FMI: www.ellisriverriders.com.

Community Picnic/Portland Brass Quintet Concert; 11:30 a.m. on the side lawn of the Dr. Moses Mason House (14 Broad Street). Bring a lunch and after

the presentation of colors and the National Anthem, enjoy a free two-hour concert by the Portland Brass Quintet.

20th Annual Source to the Sea; 3 p.m., Steamer Diamond to Errol, N.H. FMI: Becky Secrest (207-824-3813, 207-754-8158, beckys@oxfordnetworks.net or trek@androscoffinwatershed.org) or visit <http://androscoffinwatershed.org> or <http://arwc.camp7.org/>.

Music without Borders Recital; 7 p.m., McLaughlin Science Center, Gould Academy, Bethel. Open to the public at no charge. FMI: www.musicwoborders.com.

Fireworks at the Bethel Inn; 9:15 p.m.

SUNDAY, JULY 5

Ellis River Riders Gymkhana Show; 9 a.m., 78 Airport Road, Andover. Participant fees: \$5 per class (members), \$7 per class (non-members), \$1 number fee, \$3 replacement number fee, \$6 trophy fee, \$10 Registration fee (waived with early online registration). Parking and spectator admission is free. Food booth open. FMI: www.ellisriverriders.com.

TUESDAY, JULY 7

Public Supper; 5 to 6:30 p.m., North Waterford Church, Route 35, opposite Melby's. Homemade casseroles, baked beans and brown bread, salads and more and strawberry shortcake for dessert. All you can eat for \$8 (children 12 and under, \$4). All are welcome.

Music without Borders Recital; 7:30 p.m., McLaughlin Science Center, Gould Academy, Bethel. Open to the public at no charge. FMI: www.musicwoborders.com.

WEDNESDAY, JULY 8

Bethel Senior Citizens Club Meeting/Luncheon; 11 a.m., Bethel Alliance Church. Reservations must be made before July 1 by calling Arlene Lowell at 824-2877 or Becky Keen at 890-5267. Price of meal is \$10.

Music without Borders Recital; 7:30 p.m., McLaughlin Science Center, Gould Academy, Bethel. Open to the public at no charge. FMI: www.musicwoborders.com.

FRIDAY, JULY 10

20th Annual Source to the Sea; 3 p.m., Evening paddle: Wildlife Refuge to Steamer Diamond. FMI: Becky Secrest (207-824-3813, 207-754-8158, beckys@oxfordnetworks.net or trek@androscoffinwatershed.org) or visit <http://androscoffinwatershed.org> or <http://arwc.camp7.org/>.

Annual Artist's Reception and Open House; 3 to 6 p.m., Harvest Gold Gallery, 1082 Main Street, Center Lovell. This is an opportunity for customers and community to mingle with talented local artists, authors and craftsmen and explore what Bill and Lynda have put together for the season. Hors d'oeuvres and wine will be served.

Music without Borders Recital; 7:30 p.m., McLaughlin Science Center, Gould Academy, Bethel. Open to the public at no charge. FMI: www.musicwoborders.com.

SATURDAY, JULY 11

20th Annual Source to the Sea; 8:30 a.m., Errol, N.H. to Islands Bridge. FMI: Becky Secrest (207-824-3813, 207-754-8158, beckys@oxfordnetworks.net or trek@androscoffinwatershed.org) or visit <http://androscoffinwatershed.org> or <http://arwc.camp7.org/>.

Oxford Hills Honey Bee Club Workshop; 1 p.m., Oxford County Extension Center, 9 Olson Road, South Paris. There will be a demonstration on how to take off honey frames from the club hive, extracting, and bottling honey to sell at the Waterford World's Fair, so bring your veils. Public's welcome. FMI: Kevin (farout@roadrunner.com) or visit www.mainehoneebee.com. **Swingin' Bears Square Dance and Ice Cream Social;** 7 to 10 p.m., Oxford Hills Middle School, 100 Pine Street South Paris. Caller: Ray Hilton. Cues: Carol Arsenault. Level: Mainstream/Plus. Build your own ice cream sundae, door prizes, 50/50 drawing. \$6 per person. Non-dancers welcome at no charge. FMI: Carla and Paul (781-864-0919 or 891-6971).

Music without Borders Recital; 7:30 p.m., McLaughlin Science Center, Gould Academy, Bethel. Open to the public at no charge. FMI: www.musicwoborders.com.

SUNDAY, JULY 12

20th Annual Source to the Sea; 8:30 a.m., 7 Island Bridge to Pontook Dam/Pontook Boffinger. FMI: Becky Secrest (207-824-3813, 207-754-8158, beckys@oxfordnetworks.net or trek@androscoffinwatershed.org) or visit <http://androscoffinwatershed.org> or <http://arwc.camp7.org/>.

MONDAY, JULY 13

Woodstock Republican Committee Meeting; 6 p.m., 61 Rumford Avenue, Bryant Pond. The Woodstock Republican Committee will be meeting to review the Woodstock Bicentennial and discuss plans for our next event. This is an opportunity to meet like-minded people in your community. The challenges that affect working people in Maine and the United States, the progress made, and what citizens can do to ensure Maine and its people keep moving forward will also be discussed. All Republicans registered in the Town of Woodstock are welcome. Call 665-2049 to RSVP or for more information.

Socrates Café Meeting; 6:30 to 8:30 p.m., Waterford Library. Topic: Should voting be mandated? Moderator: Linda England. Light refreshments provided. FMI: 583-6957.

JULY 16, 23, 30, AUG. 6, 13 AND 20

Main Savvy Caregiver 1 Training; 2 to 4 p.m., DHHS, 243 Main Street, South Paris. If you are caring for a family member with dementia, this training will help you learn how to take care of yourself and reduce stress and also communicate more easily with your loved one. This is a 6-week workshop, with each session lasting two hours. This class is free but pre-registration is required. Call SeniorsPlus at 1-800-427-1241 to reserve a seat.

THURSDAY, JULY 16

20th Annual Source to the Sea; 3 p.m., After hours paddle: Nansen Wayside to Berlin, N.H. FMI: Becky Secrest (207-824-3813, 207-754-8158, beckys@oxfordnetworks.net or trek@androscoffinwatershed.org) or visit <http://androscoffinwatershed.org> or <http://arwc.camp7.org/>.

Breaux's Too Cruise Night; 5:30 to 7:30, Breaux's Too parking lot, Bryant Pond. FMI: 665-2554.

JULY 17 AND 18

Flea Market and Food Sale; 9 a.m. to 4 p.m., North Waterford Church, Route 35, opposite Melby's. Tables will be \$10 per day or \$15 for both days. Reserve a table by calling 583-2822.

SATURDAY, JULY 18

MollyOckett Day Classic Race by the Bethel Outing Club; Kids' 1-mile race at 8:15, 5-mile race and 2-mile walk at 9 a.m. Online registration at RunReg.com through July 16, or day of registration at the event. First 100 to sign up get a T-shirt and number. Pick-up starts at 7 a.m. on the lawn near the Bethel Common.

20th Annual Source to the Sea; 8:30 a.m., Gilead to Bethel. FMI: Becky Secrest (207-824-3813, 207-754-8158, beckys@oxfordnetworks.net or trek@androscoffinwatershed.org) or visit <http://androscoffinwatershed.org> or <http://arwc.camp7.org/>.

SUNDAY, JULY 19

20th Annual Source to the Sea; 8:30 a.m., Bethel to Hanover. FMI: Becky Secrest (207-824-3813, 207-754-8158, beckys@oxfordnetworks.net or trek@androscoffinwatershed.org) or visit <http://androscoffinwatershed.org> or <http://arwc.camp7.org/>.

TUESDAY, JULY 21

Music without Borders Recital; 7:30 p.m., McLaughlin Science Center, Gould Academy, Bethel. Open to the public at no charge. FMI: www.musicwoborders.com.

JUL

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2015

Bonnema exhibit to kick off Art Fair



Kicking off the festivities over the Independence Day weekend will be a rare exhibit only open for two days at the Owen Gallery at Gould Academy. More than four decades of art works by Melody and Garrett Bonnema will be featured in a special exhibit as part of the 26th Annual Bethel Art Fair presented by the Mahoosuc Arts Council. The exhibit opens with a public reception July 3 from 5-8 p.m.

"Each year, the Mahoosuc Arts Council identifies local artists who have made an indelible mark of creativity in our region. The work of the Bonnemas has a significant place in the cultural history of our region," said Aranka Matolcsy, arts council director.

The public is welcome to attend the opening reception on Friday evening or view the exhibit from 10 a.m. to 3 p.m. on July 4 only. The Bonnema's work is also featured on the art fair poster and will be the cover art for the 2015-16 Mountain Arts Guide.

This annual art fair features fine arts and crafts on the Bethel Common with fine local fare from 9 a.m. to 4 p.m. As always, there will be no shortage of entertaining, family-friendly options over Independence Day Weekend: At 11:30 a.m. on the side lawn of the Dr. Moses Mason House (14 Broad Street) will be the presentation of colors and the National Anthem, followed by a free two-hour concert by the Portland Brass Quintet. Special exhibits will also be on display at the historical society. A special addition this year will be the display of the "Honor the Brave" flag quilt created by BHS trustee Donna Gillis.

A community arts staple, the 11th Annual Shy, Novice and Closeted Art Show, will be featured on High Street throughout the weekend. In addition, the 9th Music without Borders International Piano Festival, and cultural and art exhibits at the historical society will be topped off with fireworks at dusk at Bethel Inn Resort.

Your Guide to Area Services

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BETHEL: 4 BEDROOM 2 BATH, Jacuzzi, dishwasher, washer/dryer, loft, cathedral ceilings, 2 decks, 2 car garage w/ power door opener. 603-552-3295, 603-247-2081 cell.

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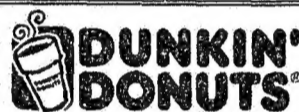
Request for Bids

The Town of Andover is accepting bids for a 1996 E-350 Ford First Responder Ambulance. Bid submission deadline is July 28, 2015 by 1:00pm. Please send bid to the Andover Town Office, PO Box 219, Andover, ME 04216 Please call 392-3302 for more information

Town of Greenwood For Sale By Bid:

The Town of Greenwood has a 2003 International 7400 Truck for sale with a minimum bid of \$25,000.00. Plow with wing and sander included. Current mileage 96,048. For further details, contact the Greenwood Highway Department at 875-3555. The vehicle may be viewed at the Greenwood Town Office, 593 Gore Road, Greenwood Road, Greenwood ME (next to the Legion Hall)

All bids must be submitted in a sealed envelope clearly marked "Bid for 2003 International 7400 Truck" and mailed to the Town of Greenwood, 593 Gore Road, Greenwood, ME 04255 no later than 4:00pm on July 7, 2015. Bids will be opened at the Board of Selectmen's Meeting on July 7, 2015 at 5:00pm. The Town of Greenwood reserves the right to reject any and/or all bids.



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2004 BMW 5 Series 525i 4dr Sedan
ONE OWNER, LOW MILEAGE, LIKE NEW, FULLY LOADED!!!! It has just received new front brake pads and rotors with sensors, new valve cover gaskets and grommets, a full tune up, and new oxygen sensors, along with just being serviced, and new tires.
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Obituaries



ALDEN T. KENNETT

Alden Thompson Kennett, 87, of Water Street, Keene, N.H., died peacefully on Wednesday evening, June 24, 2015 at his home in Keene.

He was born in Worcester, Mass., Sept. 17, 1927, the son of Annah (Thompson) and Murat A. Kennett, Sr. He grew up in Dover, Mass. and was a graduate of Dover High School.

As a young man Mr. Kennett resided in New Braintree, Mass. where he worked as a dairy farmer. In 1952 he moved to Maine, where in 1957 he began his career as a Maine Game Warden. He resided in Bethel from 1962 to 2010; then he moved to Keene, N.H.

Mr. Kennett was an Eagle Scout. He had a great interest in Native American crafts and culture and studied the Lakota Sioux language for the last 25 years of his life. He also enjoyed woodworking, blacksmithing, genealogy, and colonial history. He was known for creativity and self-sufficiency.

He was a member of the Bethel Masonic Lodge 97 and a member of the Mayflower Society.

He is survived by his children, Ellen L. Fisher and her husband, Burns, of Brookline, N.H.; Amy S. Jenkins and her husband,

Jim, of Charlestown, N.H.; Edward A. Kennett and his wife, Robin, of Hanover; eight grandchildren, Carolyn Fisher, Joanne Theriault, Beth Pijanowski, Michael Jenkins, Annah Kennett, Caitlin Kennett, Megan Smith, Katie Smith; six great-grandchildren; and many nieces, nephews, and cousins. He was predeceased by his wife of 61 years, Mabel Ann (Pollard) Kennett in 2010, and a brother, Murat A. Kennett, Jr. in 1974.

A memorial service will be held at a later date. Private burial will be in the Evergreen Cemetery, New Braintree, Mass.

For those who wish, donations may be made in Mr. Kennett's memory to the Sinte Gleska University, an institution of higher education devoted to the preservation of the Lakota way, P.O. Box 105, Mission, S.D. 57555-015 (www.sintegleska.edu).

The Foley Funeral Home (www.foleyfuneralhome.com) of Keene, N.H. is assisting the family with the arrangements.



DAVE A. HOWE

Dave A. Howe, 66, died at home on Sunday, June 21 from ALS. He was born in Rumford on May 29, 1949 the son of Charles R. and Lois M. McInnis Howe of Bryant Pond. Dave went

to Woodstock High School, Class of 1967. Dave served in the U.S. Army. He worked 30 years at Robinson Manufacturing in Oxford. His last job was with Hancock Lumber Mill in Casco. Dave worked hard all of his life. He loved the outdoors, riding his motorcycle and cutting his wood pile for winter. He is survived by his wife of 43 years, Lenna J. Jackson Howe; two daughters, Siiri Gott and husband Kevin and Sonja Priola and husband Brian; five grandchildren, Payson, Samantha, Madeline, Ian and Fiona; a sister Janis; and two brothers Paul and Scot Howe. Online condolences may be shared with his family at www.oxfordhillsfuneralservices.com.

Graveside services were held on Monday, June 29 at Riverside Annex Cemetery in South Paris. Arrangements are under the care of Oxford Hills Funeral Services, 1037 Main Street, Oxford.



DENIS D. CORRIN

Denis Dean Corrin, formerly of Bryant Pond, left this world on June 13, 2015. Den died peacefully in his sleep after a long and difficult journey with cancer. Den was born Oct. 2, 1941, in Aberdeen, S.D. His childhood was spent in Rapid City, S.D., and his professional years, as a psychologist, predominately in Bryant Pond. Den worked for the past decade as a teachers' aide at French Gulch School in California. He loved working with the children and watching them grow and mature through the years. Den loved nature. He knew the bird songs, the animal signs and the names of every plant

and tree. He loved sailing his boat on Whiskeytown Lake. He loved working with wood and stone and built beautiful homes from his own ingenuity. He loved sharing music with friends and family. Den loved this life and this earth intensely.

Den is survived by his wife, Ann Muir Corrin; his brother, Ken Corrin (Roberta); his sisters, Jana Faye (Ray Stanton) and Kay Larson; his children, Tanya Corrin, Laren Corrin (Krista), Greg Corrin (Emily Felt), and Denise Howard Corrin; his grandchildren, Zachary Kimball, Olivia and Audrey Asnes, Hana and Louisa Corrin and Leela Corrin.

A Memorial Service and Interment of Ashes was held in Miller, S.D., on June 30, 2015; a memorial service will take place at the Unitarian Universalist Church in Bryant Pond on Saturday, July 11, 2015, at 10 a.m.; and a Celebration of Life, hosted by the Redding Unitarian Universalist Fellowship, will be held at Pilgrim United Church of Christ in Redding, Calif., on Aug. 1, 2015, at 11 a.m. Memorial gifts may be made to the Redding Unitarian Universalist Fellowship or to Pilgrim Congregational, United Church of Christ, in Redding, Calif.

MARJORIE STINSON

Long time Andover resident, Marjorie Pearl Stinson, died at the age of 93 on Sunday, June 28, after a brief illness.

She was born Oct. 20, 1921 in Portland to William Keir Simmons and Jesse Ruth (Enman) Simmons. She married the love of her life, Ralph Perry Stinson, Sr. on March 8, 1941.

She leaves behind eight children: Joan, Jean and her husband Bob, Donna and her husband David, Perry and his significant other Robyn, Glenn, Larry and his wife Gwen, Wayne, and Alan and his wife Kim. She was blessed with 13 grandchildren: Robert, Brian, Susan, Tom, Joel, Alyson Keir, Brooke, Rachel, two Matthews, Miranda and Mark; as well as 16 great-grandchildren and two great-great-grandchildren.

Marjorie was predeceased by her husband, her parents, her sister Jean, brothers William (Bud) and David, and by her great-grandson, Bradley.

A celebration of her life will be held Thursday, July 2 at 11 a.m. at the Andover Calvary Bible Church, which she helped to found.

Grateful and kind, Marjorie touched many lives. She had the ability to make people feel special. She was quick with a joke or a smile, and never hesitated to poke fun at herself. She loved children, and well into her 70s could be found on the floor playing with and giving them

her full attention, acceptance and love.

In lieu of flowers, Marjorie requested memorial contributions be given to the Andover Calvary Bible Church Sunday School, Andover, Maine 04216.

The family would like to thank the entire staff of the Norway Rehabilitation Center for their exceptional care during the final nine months of her life.

20th annual Source to the Sea paddle

The summer of 2015 marks the 20th consecutive year of the Source to Sea, so get ready to celebrate 20 years on the Androscoggin River, by paddling for one or more days on this historic trip down the river. The Androscoggin River Watershed Council (ARWC) invites everyone to join us this summer for an adventure. We would also like to invite anyone who may have paddled with us on the original Source to Sea, formerly the Trek, to join us for a 20 year reunion.

Having once been designated the most polluted river in the nation the Androscoggin was the impetus for the 1972 Clean Water Act. How lucky to have this valuable, revitalized resource winding 170 miles from Eastern New Hampshire through Western Maine and down to the Maine seacoast. And how exciting to be celebrating so many years paddling down the Androscoggin. Each year hundreds of participants join together for one or multiple days to paddle the Source to Sea and celebrate the river's rebirth. We believe the best way to understand the river's unique assets are to experience them first hand. Participants learn about local conservation, history, ecology, and recreation through daily on-river programs.

A preliminary paddle, in conjunction with the Errol, N.H. Fourth of July celebration, will take place on July 4 starting at Steamer Diamond and paddling to Errol in time for fireworks. The S2S kick-off paddle is July 10 at the Umbagog Wildlife Refuge Station north of Errol, N.H. Then we travel down the river each week until we reach Merrymeeting Bay in Brunswick where the river meets the sea. Visit www.androscogginwatershed.org for more details on demo days, local area hikes, special programs, and other fun and excitement on the Androscoggin. See the full schedule for July and August.

Pre-registration (available on our website) is encouraged for logistical and safety reasons. Although there is no fee to participate, a \$10 donation is suggested at time of registering. Donations will also be accepted at the put-in site on each event day. We invite you to join us on the river for an annual event that is not only a lot of fun, but also an immense benefit to communities and people living within the Androscoggin watershed. We hope to see you on the river.

Many thanks to our sponsors who make this event possible: Betterment Fund; Sunday River; Verso Paper; Brookfield; Trans Canada; Patriot Renewables; Northeast Bank; L.L. Bean; Poland Spring Bottling; CES; Mahosuc Realty; Norway Savings Bank (Bethel); ReEnergy, Otis Federal Credit Union; L.L. Cote; WJ Wheeler Ins.; Pleasant River Campground; Sonoma County Wealth Advisors; Town and Country Inn; Timberland Campground; Bear Country Power Sports; and additional support from AVCOG, River Valley Healthy Communities, Androscoggin Valley Chamber of Commerce, Androscoggin Land Trust, Brunswick Topsham Land Trust, Bethel Inn, Stony Brook Recreation, Mahosuc Inn, Stagecoach Shuttle Services, Shaker Hill Outdoors and Outdoor Adventure and Campground.

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Patty Marie*

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JUL

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2015